

express

A PUBLICATION OF *The Washington Post* | LIVE ALL DAY AT WWW.READEXPRESS.COM | MAY 6, 2008 | >> **FREE** <<

\$499/Eye Any Rx Lasik!
Customize Lasik*
 0 Down • 0 Interest • 100% Financing
I-SURGEONS
 202.464.5216 301.738.0339
 703.533.0025
 24th & I St., Foggy Bottom
 AnyRxLasik.com
 i-surgeons.com

BOTOX \$199
Guaranteed Results*
 Restylane \$350
 Radiesse • Sculptra
 \$45 Laser Hair Removal Upper Lip or Chin
 202.452.1332 410.730.7226
 703.533.1025
 24th & I St., Foggy Bottom
 vitasurgical.com

WINTER SPECIAL

Tuesday



Police released Deborah Palfrey's suicide notes.

Last Words: 'D.C. Madam' apologized in suicide notes | **4**

Smoking Study: Bans deter teenagers from lighting up | **3**



Road Dogs: Celtics must play better away from home vs. Cavs | **11**

ENTERTAINMENT

Jokers Wild:

Ashton Kutcher stars in a new movie about love and luck. Also, new discs from Elvis Costello, Neil Diamond.



>> **15-19**



Dems Make Final Push in Ind., N.C.

SNAPSHOT: Democratic presidential hopeful Hillary Rodham Clinton snaps a picture of herself as Helen Matta of New Burn, N.C., kisses her during a rally in Greenville, N.C. Clinton and Barack Obama traveled between North Carolina and Indiana Monday looking to pick up undecided voters ahead of Tuesday's primaries. ❖ **Hot topic:** Candidates continue to duel over gas taxes | **Page 3**

Death Toll Soars in Myanmar

More than 10,000 are feared dead in aftermath of cyclone

YANGON, MYANMAR | Myanmar's government said Monday more than 10,000 people were feared killed in a cyclone that unleashed 12-foot tidal surges and high winds that swept away bamboo homes in low-lying coastal regions, cutting off electricity and water in the country's largest city.

The ruling junta, an authoritarian regime that cut the nation off from the international community for decades, appealed for foreign aid to help in the recovery from Saturday's disaster, the country's deadliest storm on record. The casualty count has been rising quickly as authorities reach hard-hit islands and villages in the Irrawaddy delta, the country's major rice-producing region, which bore the brunt of Cyclone Nargis' 120 mph winds.

Residents of Yangon, the former capital of 6.5 million, said they were angry the government failed to adequately warn them of the approaching storm and has so far done little to alleviate their plight. Some in Yangon complained the 400,000-strong military was clearing streets only where the ruling elite resided, while leaving residents, including Buddhist monks, to cope on their own against the huge tangles of uprooted trees.

If the numbers are accurate, the death toll would be the highest from a natural disaster in Southeast Asia since the tsunami of December 2004, which killed 229,866 people. (AP)

❖ **Ready to help:** U.N., humanitarian groups await the go-ahead from Myanmar to provide aid | **Page 7**



DO YOU AGREE WITH CRITICS WHO SAY HORSE RACING AMOUNTS TO ANIMAL CRUELTY? **A** YES **B** NO

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR MONDAY'S POLL RESULTS, SEE PAGE 32



TUESDAY
76 | 57



WEDNESDAY
82 | 61



THURSDAY
72 | 60

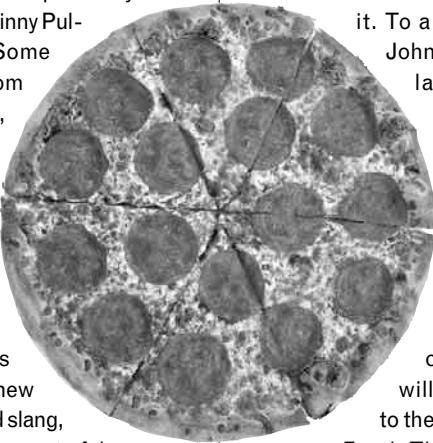
TODAY: Sunny with patches of clouds; mild temperatures all day | **30**

eyeOpeners

HUH?

Malefactor Bestows Sapience on Progeny

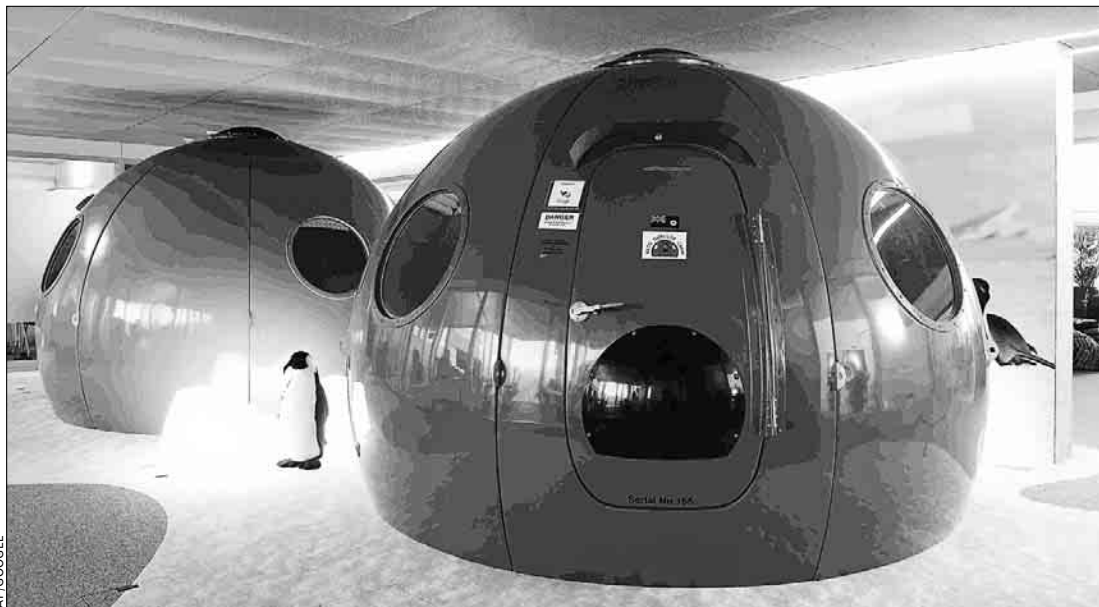
He's known as Vinny Gorgeous, but convicted mob boss Vincent Basciano might want to trade up to Vinny Photogenic or Vinny Pulchritudinous. Some of his letters from federal prison, which are being scrutinized by authorities, are full of such words as "thespian," "flippant" and "sagacious," his lawyer said. A new form of gangland slang, or a coded message to fellow wise guys? No, attorney Ephraim Savitt said, just vocabulary Basciano wants the recipient — his 7-year-old son — to learn. "He wants the kid to go to college and be a success," Savitt said. Basciano "enjoys using \$10 words, and uses them correctly, I might add," his attorney said. (AP)



APOLOGIES

Wah, Wah, WAH

Papa John's Pizza issued an apology to Cleveland and the Cavaliers for making T-shirts with LeBron James' number and the word "crybaby" under it. To apologize, Papa John's will sell Cleveland residents a large, one-topping pizza for 23 cents on Thursday. The price is an homage to James' jersey number. The company also will donate \$10,000 to the Cavaliers Youth Fund. The pizza chain's T-shirts were featured during the Cavs' games against the Wizards on Friday in Washington. Wizards fans taunted the Cavs, who won the playoff series that night in Game 6. The shirts started after James complained about hard fouls, and Wizards center Brendan Haywood called him a crybaby. (AP)



WASTED OPPORTUNITIES

Swiss Toddlers Design Office

When creating the office space for its new European tech center in Zurich, Switzerland, Google worked with a psychologist to interview all 350 of the center's employees. The Internet giant wanted to incorporate their ideas into the work space. This granting of every office monkey's wish was immediately squandered. Apparently, the employees want meeting pods, aka to be locked into awkwardly small and claustrophobia-inducing spaces with their co-workers. Oh, and they want a winter-wonderland theme. And a stuffed penguin. Good choices, guys. (EXPRESS)

I'M BUSY

Creepiest. Party. Ever.

Bill Bramanti will love Pabst Blue Ribbon eternally, and he has the custom-made beer-can casket to prove it. "I actually fit, because I got in here," said

Bramanti of South Chicago Heights, Ill. The 67-year-old doesn't plan to need it anytime soon, though. He threw a party Saturday for friends and filled his silver coffin — designed in Pabst's colors of red, white and blue — with ice and his favorite brew. "Why put such

a great novelty piece up on a shelf in storage when you could use it only the way Bill Bramanti would use it?" said Bramanti's daughter, Cathy Bramanti, 42. Bramanti ordered the casket from Panozzo Bros. Funeral Home in Chicago Heights. (AP)

Still Depressed?

If you (or someone you know) have been diagnosed with major depression, you may be able to participate in this research study designed to decrease symptoms and better understand causes of depression. This study tests whether a new medication that targets a novel system called glutamate, compared with placebo, will be effective in improving depression. This is a 10-week inpatient study, in Bethesda, MD. After completion of the study the participant is given short-term treatment and transitioned back to the community. In addition, all research participation is without cost.

Patients should:

- Be ages 18-55
- Have been diagnosed with major depression
- Have taken an antidepressant that did not help

Transportation reimbursement provided.

To find out if you qualify or for more information, please call
1-877-MIND-NIH (1-877-646-3644)
 or e-mail us at moodresearch@mail.nih.gov (TTY: 1-866-411-1010)

<http://www.patientinfo.nimh.nih.gov> or <http://clinicaltrials.gov>

Atendemos pacientes de habla hispana.

07-M-0152



The National Institute of Mental Health NIMH
 National Institutes of Health, Department of Health & Human Services

**CAR INSURANCE WITH
 PERSONAL SERVICE.
 NO EXTRA CHARGE.**

Kevin Gallagher, Agent
Bus: 703-525-9500
www.bowtieguy.net



State Farm Mutual Automobile Insurance Company
 State Farm Indemnity Company
 Bloomington, IL • statefarm.com 05/05

readexpress.com

**Become a Medical Billing
 and Coding Professional**

**CTI Career
 Technical Institute**
888.639.5627

Advance you.

"Careers" can move you up and ahead.
Mondays.

express

X017a 1x1

WANT TO QUIT SMOKING?

A phone call and patch may be just what you need.

Researchers at Butler Hospital, an affiliate of the Warren Alpert Medical School of Brown University, along with the University of Maryland are conducting a FREE research study to help people quit smoking. Experts will conduct **personal counseling sessions over the phone** and participants will receive **FREE nicotine patches**. If you qualify, you'll participate in a one-time screening and evaluation at the University of Maryland and could be reimbursed up to \$120 for your time and effort.

For more information, contact The Nicotine Dependence Treatment Program at **1-877-857-5764**.

UNARMED GUARD: Inmates at the Louisiana State Penitentiary have a good reason not to escape: a 400-pound black bear. The bear was spotted wandering the grounds of the facility Friday, and Warden Burl Cain said, "It's like having an another guard at no cost to the taxpayer."



Nation

In Brief



YOUNG KWAK/AP

Beauty, a rescued Alaskan bald eagle, sits in her pen near St. Maries, Idaho.

ST. MARIES, IDAHO

Eagle to Receive Artificial Beak in Surgery Next Month

She has been named Beauty, though this eagle is anything but. Part of the eagle's beak was shot off several years ago, leaving the bird with a stump that is useless for hunting food. Now a team of volunteers is working on an artificial beak that could keep the disfigured bird alive. Researchers plan to attach the beak to Beauty next month. With the beak, the 7-year-old bald eagle could live to the age of 50, although not in the wild. (AP)

NEW YORK

Crude Oil Futures Reach \$120 Per Barrel in Trading

Oil futures surged to a new record of more than \$120 per barrel Monday, raising concerns about higher prices for gasoline. Retail gas prices fell more than a cent over the weekend, but oil's advance increased the likelihood that pump prices would resume their climb. Light, sweet crude for June delivery hit \$120.36 per barrel on the New York Mercantile Exchange before closing at \$119.97. (AP)

HEARSAY | VICTORY

"We felt that if we were going to win it, it was going to be this year. Our team was just really solid."

—DIMITRY PETRENKO, 18, ON HIS TEAM'S VICTORY MONDAY IN THE NATIONAL SCIENCE BOWL. THE TEAM FROM SANTA MONICA, CALIF., BEAT OUT 66 OTHER SCHOOLS.

Gas the Primary Issue in Ind., N.C.

Clinton, Obama court working-class voters in last-minute appeals

DURHAM, N.C. | Dueling over gas prices, Hillary Rodham Clinton and Barack Obama strained for every last vote on Monday, the eve of the Indiana and North Carolina primaries that are the biggest prizes left in their epic Democratic nomination fight.

Her TV ads promoted her plan for a summer-long gas-tax holiday and contended she was the candidate who "gets it." He said the plan was just another Washington stunt.

A combined 187 delegates are at stake in the two states, nearly half of the pledged delegates left with eight primaries to go before voting ends in a month.

Obama was the favorite in North Carolina, but both candidates campaigned vigorously there with polls showing a tightening race since Clinton's win in Pennsylvania two weeks ago. Indiana was considered tighter, with most polls in the final days showing Clinton taking the lead.

Obama hurried back and forth between the two states, pleading



Barack Obama speaks Monday at a manufacturing plant in Durham, N.C. The state's Democratic primary will be held Tuesday.

"It's time to quit wringing out hands and start rolling up our sleeves."

HILLARY RODHAM CLINTON

for votes. "I want your vote. I want it badly," he said on a factory floor in Durham.

Clinton, also campaigning in

North Carolina, campaigned for blue-collar votes, talking about the hard times the country faces.

"It's time to quit wringing our hands and start rolling up our sleeves," she said.

In a new 30-second ad featuring drivers complaining about the price of filling up, Clinton touted her plan to cut gas taxes over the summer and said Obama was just attacking her idea "because he doesn't have one."

"Barack Obama wants you to

keep paying, \$8 billion in all," an announcer says. "Hillary is the one who gets it."

Obama said the proposal to suspend the 18.4 cents-per-gallon gasoline tax and the 24.4-cent diesel tax from Memorial Day to Labor Day would provide little in actual savings to motorists. He said oil companies would quickly raise prices to make up the difference.

"It's a stunt. It's what Washington does," Obama said in Evansville, Ind. (AP)

Study: Smoking Bans Deter Teens

Youths in smoke-free towns are less likely to develop the habit

BOSTON | A Massachusetts study suggests that restaurant smoking bans may play a big role in persuading teens not to become smokers.

Youths who lived in towns with strict bans were 40 percent less likely to become regular smokers than those in communities with no bans or weak ones, the researchers reported in the May issue of the Archives of Pediatrics & Adolescent Medicine.

The findings back up the idea that smoking bans discourage tobacco use in teens by sending the

INSIDE IS OUT

→ At least 23 states, the District of Columbia and Puerto Rico require most public places and workplaces, including restaurants and bars, to be smoke-free, according to the National Conference of State Legislatures.

→ Another nine states ban smoking in workplaces but have various exemptions for restaurants or bars.

message that smoking is frowned upon in the community, as well as simply by reducing their exposure to smokers in public places, said Dr. Michael Siegel, of Boston Univer-

sity School of Public Health, and the study's lead author.

Siegel and his colleagues tracked 2,791 children between ages 12 and 17 who lived throughout Massachusetts. The teens were followed for four years to see how many tried smoking and how many eventually became smokers.

Overall, about 9 percent became smokers — defined as smoking more than 100 cigarettes.

In towns without bans or where smoking was restricted to a designated area, that rate was nearly 10 percent. But in places with tough bans prohibiting smoking in restaurants, just under 8 percent of the teens became smokers.

STEVE LEBLANC (AP)

Iraqi Files Suit Over Abu Ghraib

LOS ANGELES | An Iraqi man sued two U.S. military contractors Monday, claiming he was repeatedly tortured while being held at Abu



al-Janabi

Ghraib prison. Emad al-Janaabi's federal lawsuit claims workers from CACI International and L-3 Communications Holdings

punched him, slammed him into walls, hung him from a bed frame and kept him naked and handcuffed in his cell. Phone messages left for CACI and L-3 C were not immediately returned Monday. (AP)

Presidential Dental group



Take your first step to feeling good, looking great and making a memorable impression everytime you smile!
Catering to the busy downtown professional...
...all set in a comfortable, state of the art atmosphere.

You owe it to yourself!

- Zoom! whitening
- Invisalign braces
- Lumineers
- Veneers

- Porcelain Crowns
- Root Canal Therapy
- Emergency Care
- Routine Dental Care

Andrea S. Flamer, D.D.S.
1026 16th Street, NW
Suite 105
Washington, DC 20036
located between K & L St., NW on red, blue & orange lines

(202) 737-7025
healthysmiledc@hotmail.com
presidentialdentalgroup.com

Visit or call today for your complimentary smile evaluation. A \$100 value.

GEORGETOWN UNIVERSITY

SCHOOL OF CONTINUING STUDIES

Master's Degree

Flexible full-time or part-time evening schedules

Human Resources Management

International Human Resources Management | Diversity and Inclusion Management | Strategic Human Capital Management

INFORMATION SESSION

Wednesday, May 14, 2008 | 6:30 p.m.

INTERCULTURAL CENTER (ICC), GEORGETOWN UNIVERSITY MAIN CAMPUS
37th & O Streets, NW, Washington, DC 20057

To RSVP, visit scs.georgetown.edu/hr
or call **202.687.8700**

NOW ACCEPTING APPLICATIONS FOR THE 2008 FALL TERM



diversity

Enhance your ability to lead an organization's maximization of diversity in background, skill set, and location for synergy and strategic advantage.

Nation

3.5

The number of Americans, in millions, who have registered to vote in the first three months of 2008, according to a survey of voting statistics by The Associated Press.

Palfrey Goodbyes Released

'D.C. Madam' explains her suicide in letters she left for her family

TAMPA, FLA. | The woman known as the "D.C. Madam" apologized to her mother and sister in suicide notes, saying she couldn't bear going to prison and saw killing herself as the only "exit strategy."

Deborah Jeane Palfrey, convicted last month of running an elite Washington prostitution ring, wrote to her mother that she could not "live the next 6-8 years behind bars for what you and I have come to regard as this 'modern day lynching,' only to come out of prison in my late '50s a broken, penniless and very much alone woman."

The notes were released by police Monday.

Palfrey, 52, hanged herself with a nylon rope Thursday in a shed outside her mother's mobile home northwest of Tampa.

Palfrey was convicted of running a prostitution service that catered to members of Washing-



NIKKI KAHN/TWP

Deborah Jeane Palfrey is seen in 2007. Palfrey, widely known as the "D.C. Madam," hanged herself last week in a shed behind her mother's home near Tampa, Fla.

ton's political elite. She denied her escort service engaged in prostitution, saying that if any of the women engaged in sex acts for money, they did so without her knowledge.

Her suicide appeared to have been planned for days. The note to her mother was dated April 25, nearly a week before she

killed herself.

In the note to her younger sister, Bobbie, Palfrey expressed her love and told her to "be strong for mom."

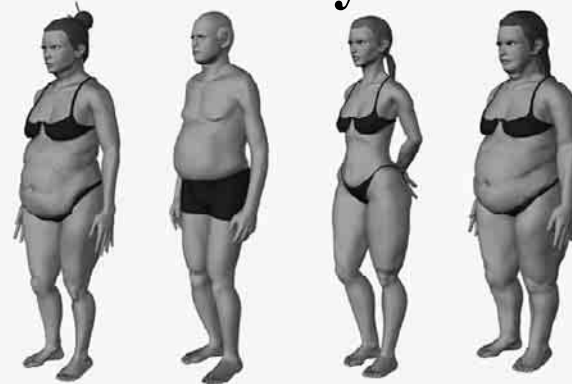
"Know I am at peace, with complete certainty. I believe Dad is standing watch — prepared to guide me into the light," she wrote.

MITCH STACY (AP)

Herniated Disc Technology Discovered by Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression successful in treating debilitating back pain. Find out how why an accidental discovery lead to the most promising treatment today. For your free report entitled, "How High Tech Non-Surgical Procedures Now Improve Life for Those with Lower Back Pain, Disc Herniation and Disc Degeneration" call 1-888-749-9136 for the toll-free 24 Hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReliefVA.com

Got Belly Fat?



FREE WORKSHOP

Learn More About the 4 Body Types: Adrenal—Thyroid—Liver—Ovary.

You Will Learn...

- The basic BODY SHAPES and how hormones can distort the body blocking weight loss even when DIET & EXERCISE doesn't work.
- How the body's FAT BURNING hormones get triggered. Find out the biggest mistake people make with exercising.
- Learn the 4 different causes of belly fat.
- How hormones affect what you crave. How CHRONIC PAIN and SLEEPING PROBLEMS are related to body type.

CALL 703-354-7336 TO Sign Up Today!

www.DrBergWorkshop.com



WeekendPass makes the weekend noteworthy.

Every Thursday in Express.



XX1436C 3x1

Upgrade to
BRITISH AIRWAYS

DO LONDON LIKE A LOCAL

TOTALLY
LOND ON®

www.visitlondon.com

Step up for Spring

London is starting to bloom and the spring and summer seasons are a great time to visit the city. If you're planning a trip to London and want some guidance on what to do and where to go, read on as Londoners Leona and Lynton share their local tips.



Hyde Park

Leona
To me, London really comes alive in the springtime. The days are longer which leaves plenty of time for exploring the city. I enjoy walking through many of London's parks and gardens. Did you know that there are eight Royal Parks in the capital?

I find Greenwich particularly

pretty in the spring and summer months, the trees start to bloom and the flower and rose gardens are delightful to walk around. The park is on a hill and on a clear day there are wonderful views across the city, taking in everything from Canary Wharf to St Paul's Cathedral. There are lots of things to do in Greenwich too. My brother

really enjoys visiting the Royal Observatory, a museum dedicated to time and space. Outside the observatory you will find the Greenwich Meridian Line, which is the point that all time is measured from. It's a great location for a photo opportunity.

I have friends visiting from New York in a couple of weeks and am going to take them to Hyde Park. I think they will really enjoy visiting the Serpentine Gallery, which has a wonderful collection of contemporary art. We'll also make sure to pass Speakers Corner where we'll find some colorful locals sharing their opinions!

In the spring and summer months, I love to grab some bread, cheese and olives from my local farmer's market and make up a picnic, it's the best way to relax - Hyde Park is such a great place for people watching. You'll see the locals on their roller blades and sometimes on horses too.



Greenwich Park

Lynton
When people ask me the best way to see London, I always reply, "on your bike!" I'm a real Londoner and a cycling addict too! There are lots of areas to explore in the city, not only the parks and open spaces but also some of the back streets; it's an interesting way to get around. If you're unfamiliar with the city, you can join a tour with the London Bicycle Tour Company. In my opinion, it's the best way to see the city like a real local.

The best way to see the city on a budget is to take a walking tour. A company called the Original London Walks, runs tours for as little as £6. The tours are themed around different topics like literary London or historic London and also give you the chance to explore less well-known areas such as Marylebone or Little Venice.

Another way to save money when visiting London, is to change your dollars at Thomas

Cook foreign exchange branches. With a voucher that you can download from visitlondon.com, it will be commission free and they have really great rates. You'll also get £100 worth of vouchers for money off and discounts at lots of theaters and attractions across the city, such as 2 for 1 tickets to the Tower of London.



Primrose Hill



Take Britain

2 FREE NIGHTS IN LONDON WHEN YOU FLY THIS SUMMER.

\$389 LONDON

Airfare is each way based on round-trip purchase from Washington D.C. or Baltimore. Taxes and fees extra.

Offer ends Tuesday, May 13, 2008.
Plus, you'll receive \$20 off when you log in at ba.com.

Upgrade to
BRITISH AIRWAYS



NOTE: If you book through a British Airways call center, you will be charged an additional \$20 per ticket for processing. All bookings must be made May 6-13, 2008. Airfare shown is each way based on round-trip, 7-day advance purchase, non-refundable, select economy class midweek (Mon-Wed) fare, valid for outbound travel May 26-Sept. 3, 2008 to London on British Airways only. Airfares may vary for other travel dates, from other US departure gateways & to other destinations. Weekend travel (Thu-Sun) has \$30 surcharge each way. Fares subject to gov't. approval & do not include gov't. fees/taxes approx. \$165 plus a \$2.50 September 11th Security Fee. Min. stay Sat night/max. 11 months. Free hotel offer is for travel May 26-Oct. 30, 2008 and must be booked with round-trip transatlantic published British Airways airfare originating in the US only, during the promotional period. 2 free nights permitted based on double occupancy, 1 free night permitted based on single occupancy. Offer applies to new bookings only made May 6-13, 2008. \$20 round-trip discount is applicable to ba.com registered customers after logging in. Subject to availability. Offer not combinable. Other significant restrictions apply. For full terms & conditions visit ba.com. ©2008 British Airways Plc

IRS PROBLEMS?

LET THE JK HARRIS TAX TEAM FIGHT FOR YOU!

"...the (Nation's) most successful (in terms of size) tax-resolution company."

—The Wall Street Journal

Free Tax Settlement Analysis:

Confidential Interview by Appointment Only

800-765-3007

Free Special Report: "How to End IRS Problems"

877-451-9111

We Also Negotiate Defaulted Student Loans

800-499-0951



www.lowerbacktaxes.com

JK Harris & Company® Call for an Appointment Near You

*not an endorsement by the WSJ

The Nation's Largest Tax Representation Firm

Learn **PHLEBOTOMY**
12 Weeks: **Eves or Sat or Sun**
SANZ College 1(888)461-8181

See today's ad to learn
more about Steel.

Steel.org

Styles. Every Friday

X363 14.3



DOES YOUR HEALTH CLUB LOOK LIKE THIS?



Upgrade from your current club and get 70% off your enrollment fee! Are you a student, intern or summer associate? Special rates available!

Call: 202-393-8432 | Visit: www.vidafitness.com

Vida Fitness @ The Verizon Center
601 F Street NW | Gallery Place / Chinatown Metro

VIDA™ FITNESS

SUMMER AT GEORGETOWN UNIVERSITY



LINK YOURSELF IN...

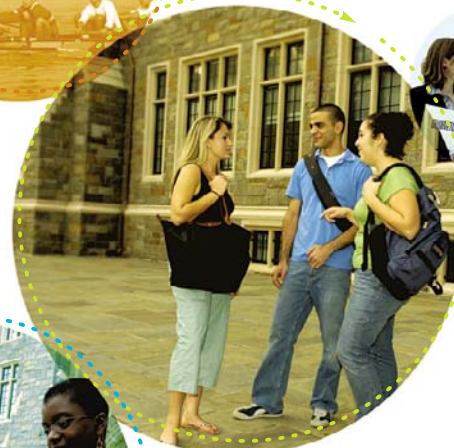
This summer, link yourself
into Georgetown's extraordinary
academic community.

ENROLL TODAY

For more information visit

<http://summerschool.georgetown.edu>

or call **202.687.8200**



CHOOSE FROM OVER 300 COURSES

Take courses that span the intellectual spectrum—including American studies, math, science, business, public policy, languages, international studies, theology, gender studies, and more.

Fundamentals of Business: Leadership in a Global Economy

Nonbusiness majors can gain an understanding of key concepts in finance, marketing, management, accounting, communications, strategic planning, organizational behavior, information systems, and business law.

Public Affairs Internship and Seminar

Take an advanced look at the legislative process through coursework and get experience through an internship in government or at a nonprofit organization.



KNIGHT LIFE: France honored 39-year-old Australian singer Kylie Minogue on Monday, making her Knight in the Order of Arts and Letters for her contribution to French culture. Past recipients of the title include Ella Fitzgerald and Bob Dylan.

World

In Brief



U.S. fugitive Robert Vesco, who died in November, was in Costa Rica in 1974.

HAVANA, CUBA

Document Shows Famed U.S. Con Man Died in Cuba

Robert Vesco, the American fugitive who cooked up moneymaking schemes that allegedly involved everyone from Colombian drug lords to the families of U.S. presidents, died in Cuba and was buried almost six months ago, according to an official document. A burial record at Havana's Colon Cemetery shows that a man with the same name and birthdate died on Nov. 23 from lung cancer and was buried the next day. He was 72. (AP)

TAIPEI, TAIWAN

Vice Premier Quits After Disclosing Role in Scandal

Taiwan's vice premier quit the ruling party Monday to take responsibility for a diplomatic bungle that cost the government millions of dollars. Chiou I-jen's announcement came three days after he acknowledged arranging for the Foreign Ministry to transfer \$29.8 million to a Taiwanese man acting as an intermediary in a deal to try to get Papua New Guinea to officially recognize Taiwan. Both the man, Ching Chi-ju, and the money have since disappeared. (AP)

CAIRO, EGYPT

Diaries Reveal Saddam Feared Disease in Prison

Saddam Hussein feared catching AIDS or other diseases during his U.S.-supervised captivity, a leading Arab newspaper said Monday in publishing excerpts of his prison writings. The London-based Al-Hayat said the comments came in portions of Saddam's prison diaries that it obtained from the U.S. The U.S. military confirmed some of Saddam's writings had been released. (AP)



A man walks by trees that were uprooted by a cyclone in Yangon, Myanmar, Monday. The junta indicated it would accept aid.

Myanmar Relief Planned

Groups rush to prepare aid for cyclone victims while awaiting the OK

GENEVA | U.N. agencies and independent humanitarian groups rushed Monday to prepare assistance for victims of a devastating cyclone in Myanmar, while awaiting a formal go-ahead from the military regime in the Southeast Asian nation.

As the death toll climbed, Myanmar's isolationist government indicated a willingness to accept outside help.

Hundreds of thousands have been left homeless and without clean drinking water following Saturday's cyclone, said Richard Horsey, a spokesman in Bangkok



→ Less than ideal timing:

Myanmar's junta will be hard-pressed to convince the world that this Saturday's planned vote on a new constitution will be free and fair. The government has been criticized for failing to rush aid to victims of the cyclone, angering a public already upset after the junta's crackdown on pro-democracy rallies in September 2007. (AP)

for the U.N. Office for the Coordination of Humanitarian Affairs.

The diplomats said they were

told Myanmar, also known as Burma, welcomed international humanitarian aid, including urgently needed roofing materials, medicine, water purifying tablets and mosquito nets. The first 10-ton shipment was scheduled to arrive from Thailand on Tuesday.

The appeal for outside assistance was unusual for Myanmar's ruling generals, who have long been suspicious of international organizations. Several agencies, including the International Red Cross and Doctors Without Borders, have limited their presence as a consequence. (AP)



Scene of devastation: For more photos of the aftermath of the tropical cyclone in Myanmar, visit [washingtonpost.com/world](http://www.washingtonpost.com/world).

Iran Calls Off Talks With U.S.

Military accuses Iran, Hezbollah of backing Shiite extremists

BAGHDAD | Iran called off further Iraq security talks with Washington until U.S. forces stop their crack-down on Shiite militias, but the military brought more air power into the fight Monday and escalated its accusations of Iranian backing for extremists.

The latest flare-up has put Iraq's government in a bind as it seeks to stamp out armed Shiite gangs but worries about angering Shiite heavyweight Iran, which has close ties to Iraq's political leadership.

The U.S. has long accused Iran of arming and training some Shiite militia factions. The accusations were sharpened Monday as the military said detainees described being trained at bases outside Tehran by militants from Hezbollah, an Iranian-aided faction based in Lebanon.

Iraq's Shiite-led government said battles against militias would continue even if Iran pulled out of the security talks. Three rounds have been held at the ambassador level since May and marked rare direct diplomatic contact between the two nations, which have had no formal relations since shortly after Iran's 1979 Islamic Revolution.

PATRICK QUINN (AP)

Israeli PM Pledges to Take Steps to Help Palestinians

JERUSALEM | Israel's prime minister told the Palestinian president Monday that he understands the Palestinians need to see their lives improve if peacemaking is to succeed and pledged to take tangible steps, their aides said.

Israeli leader Ehud Olmert's comments to Mahmoud Abbas came hours after Secretary of State

Condoleezza Rice raised that issue with Olmert as part of intense U.S. efforts to prod the sides toward a final peace agreement.

Negotiations between Olmert and Abbas have produced few obvious results since peace talks resumed last year.

Abbas aides said Monday the Palestinian president is giving the

negotiations two or three months more to produce progress and will consider resigning if he thinks the talks have failed.

In a possible sign of progress, a Palestinian official said the two sides had exchanged maps that suggest differences over the shape of a future Palestinian state are narrowing. LAURIE COPANS (AP)

MEXICO | CINCO SPIRIT



DOGGONE EXCITED: A dog in a Mexican outfit watches festivities at a Cinco de Mayo celebration in Mexico City on Monday.

World



PAPAL PERFORMANCE: The China Philharmonic Orchestra plans to perform this week for Pope Benedict XVI, Chinese state media reported Monday. The performance at the Vatican on Wednesday, featuring Mozart's "Requiem," was initiated by the Chinese and arranged rather quickly, conductor Yu Long told China Daily.

2 Killed During Somalia Food Riots

Soldiers fire at crowd rallying against high food prices in capital

MOGADISHU, SOMALIA | Troops fired into tens of thousands of rioting Somalis on Monday, killing two people in the latest eruption of violence over soaring food prices around the world.



People demonstrate against rising food prices in Mogadishu, Somalia, on Monday. Troops killed two protesters in the latest eruption of violence over food costs.

Wielding thick sticks and hurling stones that smashed the windshields of several cars and buses, the rioters jammed the narrow streets of the Somali capital.

In Mogadishu, protesters including women and children marched against the refusal of traders to accept old 1,000-shilling notes, blaming them and counterfeiters for rising food costs.

Within an hour, a reporter for The Associated Press watched their ranks swell to tens of thousands, and the riot spread to all 13 districts of the capital. Some threw rocks at shops and chaos erupted at the capital's main Bakara market.

At least four people were wounded in the violence, witnesses said.

The price of rice and other staples has risen more than 40 percent since mid-2007. The Asian Development Bank said Monday that a billion poor people in Asia need food aid. MOHAMED OLAD HASSAN (AP)

MedStar Research
Institute

Have you been
diagnosed with type 2
diabetes?

If so, you may qualify for a research study of an investigational medication.

Qualified candidates must be 18 years of age or older and currently taking metformin only.

If you qualify for this study, you may receive at no cost:

- Study-related medication
- Study-related laboratory testing
- Study-related glucose monitoring
- Study-related ECGs and physical exams

If you are interested in learning more, or to see if you qualify, please call:
**Amy Smith at MedStar Clinical Research Center
on Capitol Hill at 202-787-5355**

Train with the TEAM!
HELP SAVE LIVES ONE MILE AT A TIME.

NIKE WOMEN'S MARATHON
A RACE TO BENEFIT THE LEUKEMIA & LYMPHOMA SOCIETY

NATION'S TRIATHLON
TO BENEFIT THE LEUKEMIA & LYMPHOMA SOCIETY

703.960.1100 www.teamintraining.org/nca

Twenty Years of '88 TEAM '08
Saving Lives

No federal or Marine Corps endorsement is implied

GEORGE MASON UNIVERSITY The Volgenau School of Information Technology and Engineering

TechAdvance
LEARN GROW ADVANCE

Experienced trainers
with industry
experience

Hands-on training

Daytime, evening and
weekend classes

Continuing education
units awarded

Flexible payment
options

Courses meet
DoD 8570.01
requirements

Professional Development Programs

Information Technology Foundation (A+, Network+, MCP, CCNA, Security+)	May 12
Network+	May 17
Cisco Certified Network Associate	May 17
Oracle 10g Certified Associate	May 28
Web Design	Jun 03
Microsoft Sharepoint 2007	Jun 10

**CISSP Training to meet DoD 8570.01-M
certification requirement**

Jun 07-Aug 18 (Alternate weekends) - Arlington
Jul 14-Jul 18 (Monday-Friday) - Herndon (Dulles tollroad)

For complete outline and schedule,
visit our website at <http://ite.gmu.edu/techadvance>
Arlington, Herndon, and Loudoun

703-842-7404 advance@gmu.edu

Local

Survivors' Fund Closing

Charity to aid local 9/11 victims comes to an end after 7 years

WASHINGTON | The largest charity established to help Washington-area victims of the Sept. 11 terrorist attacks is closing nearly seven years after a hijacked airplane crashed into the Pentagon.

The Survivors' Fund raised \$25 million from more than 12,000 area residents and businesses after the 2001 attacks. It is the last major Sept. 11-related charity to shut down.

Most of the money — 58 percent — went toward helping families pay bills. About 14 percent of the

ACCORDING TO PLAN

→ Organizers had planned for the Survivors' Fund to last five to seven years, officials said, and the final funds were allocated in early 2008. The charity continues to assist 19 families by setting aside money in special trusts.

→ Nearly three-quarters of those affected by the Pentagon attacks said they thought the Survivors' Fund's model worked better than if the charity had disbursed lump-sum cash payments, according to a survey.

funds went to education for survivors, 11 percent helped pay for victims' medical expenses, and 14

percent was spent on emotional and mental-health needs.

Although some leading charities cut large checks to the families of Sept. 11 victims, the Survivors' Fund was designed to provide long-term assistance.

The charity hired professional case managers to work with families one-on-one to help them move on with their lives. That meant paying household bills for those who fell behind and guiding survivors to medical care and mental-health counseling.

If a family's primary breadwinner had been lost, the charity helped other family members return to school and find jobs. (AP)

ROANOKE, VA. | WARNER HITS THE TRAIL



HERE I AM: Former Virginia governor Mark Warner launches his campaign for the U.S. Senate with a stop at Roanoke's Fire Station 1 Monday. The Democratic candidate promised supporters a gradual exit from Iraq.

Study: D.C. Hospitals Unprepared

Report says trauma centers ill-equipped for terrorist attack

Major trauma hospitals in Washington are ill-prepared to treat victims of a terrorist attack like the 2004 train bombing in Madrid, according to a study released Monday.

The report, by the House Committee on Oversight and Government Reform, looked at trauma centers in seven U.S. cities, including Washington and four others considered at high risk of a terrorist attack. None of the hospitals surveyed had sufficient emergency care capacity to treat victims of a bombing like the one in Spain, the study said.

The emergency rooms at the two trauma centers studied in Washington were operating at 214 percent of capacity on average on the afternoon of March 25, when the study was carried out, the report said. They were Washington Hospital Center and George Washington University Medical Center.

MARY BETH SHERIDAN (THE WASHINGTON POST)

The Lotteries

Monday, May 5

DISTRICT

Mid-day Lucky Numbers **4-5-5**
Mid-day DC 4 **6-0-9-1**

MARYLAND

Mid-day Pick 3 **1-9-1**
Mid-day Pick 4 **2-3-3-8**

VIRGINIA

Mid-day Pick 3 **8-5-8**
Evening Pick 3 (Sun.) **3-2-9**
Mid-day Pick 4 **9-1-2-5**
Evening Pick 4 (Sun.) **3-3-1-8**
Mid-day Cash 5 **8-18-20-22-27**
Evening Cash 5 (Sun.) **1-10-11-12-15**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

THE WORD IS OUT ...



"I spent many hours volunteering in my children's classrooms, serving on the PTA and substitute teaching. I finally realized that I wanted to be a teacher!"

Barbara Bailey, M.Ed. '06
5th grade teacher,
Flint Hill Elementary School

THE WORD IS MARYMOUNT.

Ready to re-enter the workforce or start a second career?
If teaching is in your future, consider a graduate degree in Education from Marymount's Reston Center!

- Earn an M.Ed. with licensure in Elementary or Secondary Education.
- Take advantage of convenient classes, scheduled on Fridays and Saturdays.
- Enjoy a cohort format that enables you and your classmates to progress through the program together.
- Benefit from outstanding faculty expertise.
- Finish your degree in as little as two years of part-time study.

MARYMOUNT
UNIVERSITY
ARLINGTON, VIRGINIA

Attend an Information Luncheon
Friday, May 9 • 11:30 a.m.

MU's Reston Center • 1861 Wiehle Ave.
RSVP: (703) 284-5902 or online at
www.marymount.edu/reston

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

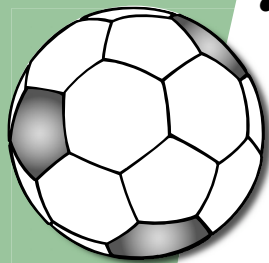
\$120 MILLION

Estimated Annuitized Jackpot

Play at
your favorite
Maryland or Virginia
Lottery retailer.

Top Prize Chances: 1 in 176 Million
www.mdlottery.com • www.valottery.com

Casa Italiana Language School Camp



- Italian
 - Arts & Crafts
 - Cooking
 - Drama
 - Soccer
 - Games from Italy
- (ages 5-12)
Full and Half day available

Info: 202-638-1348
casaitaliana2000@gmail.com

Money



A worker stacks chicken at a Costco in California. Food inflation is expected to be prominent with meat products this year.

Pork, Poultry to Be Pricey

Meat producers are struggling to survive in squeezed economy

MONEY | Americans may get another helping of food inflation, and it seems likely to come from higher prices for chicken and pork.

Overall food inflation could double this year, lifted by the rising costs of fuel, corn and soybeans, some analysts predict.

Food inflation hit 4 percent last year, up from 2.4 percent in 2006. While beef prices were already

high, chicken and pork prices didn't reflect record costs for feed and fuel. That's poised to change as chicken and pig producers who have been losing money slaughter more animals to decrease the supply and raise the prices they can charge.

"American consumers are only just beginning to feel the impact of sharply higher food prices," said Pilgrim's Pride Corp. Chief Executive Clint Rivers. The nation's largest chicken producer posted a financial loss Monday.

Meanwhile, pork farm losses may total \$3.8 billion for 2008, one-quarter

of total production, according to Chris Hurt, an economist at Purdue University. He calls the industry "a financial disaster in progress."

It will be easier for publicly traded meat producers to weather the storm than for farmer Bill Tentinger in LeMars, Iowa. Tentinger said he expects to spend \$85 per hundred-weight feeding his hogs this year; at current levels, they will fetch prices in the mid \$40s when sold.

"Take that figure, times 10,000 hogs, and see if you can eat breakfast decent in the morning," Tentinger said. ELLEN SIMON (AP)

WESTWOOD TOWER APARTMENTS

- Minutes To Friendship Heights Metro and Bus Service at Entrance
- Fantastic Views
- Walk To Shopping and Restaurants
- Near Three Blue Ribbon Schools
- 24 Hour Front Desk with Concierge
- On-Site Fitness Center
- Garage and Off Street Parking

Better Way To Live In Bethesda
2 Bedrooms from \$2,068

Ask about our specials! All Utilities Included

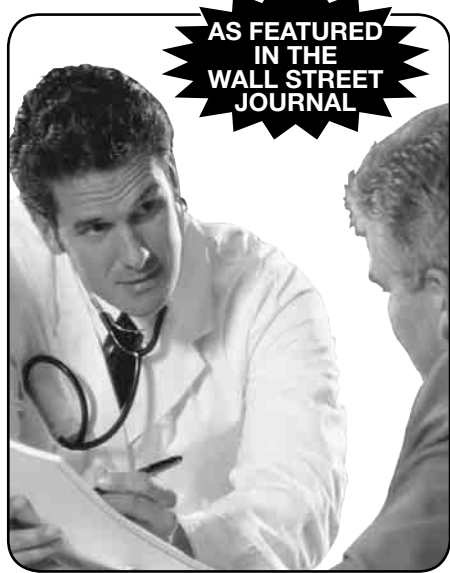
McShea 866-269-8886

5401 Westbard Avenue, Bethesda, MD 20816



HEMORRHOIDS NOT GOING AWAY? Introducing the Painless Non-Surgical solution

If you're one of the millions of Americans suffering from the pain and irritation of hemorrhoids, we have the answer. Our physicians now offer a medical alternative to surgery and rubber banding. It is preferred over other methods because it's fast, effective and generally pain free. Plus, you will be back to work the same day. Call today and find out if you are a candidate.



AS FEATURED
IN THE
WALL STREET
JOURNAL

For more information or to schedule an appointment call:

1-800-230-0786 now, or visit:

www.seekrelief.com
Covered by most insurance and Medicare.

LOCATIONS IN MARYLAND AND VIRGINIA.



Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Aircastle	16.15	+2.32	+16.8
ContiRes n	50.97	+7.14	+16.3
Nautilus	4.57	+.60	+15.1
WalterInds	81.58	+8.63	+11.8
AlphaNRs	56.34	+5.81	+11.5

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Milacrn rsh	2.25	-.35	-13.5
IDT Cp C	3.06	-.37	-10.8
HewittAsc	37.42	-4.48	-10.7
Indymac	3.29	-.39	-10.6
CntwdFn	5.36	-.62	-10.4

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Vermiln hrs	2.85	+1.23	+75.9
ProvCmty	17.98	+4.97	+38.2
NoAmSci rs	2.11	+.51	+31.9
VandaPhm	5.47	+1.26	+29.9
Iomai	2.35	-.06	-2.5

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
HMS Hld	20.06	-6.11	-23.3
RRSat	11.81	-3.02	-20.4
CitizRep	6.65	-1.45	-17.9
Yahoo	24.37	-4.30	-15.0
WSB Fncl	3.30	-.55	-14.3

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	5.00	5.25
Fed Funds close	1.88	2.31
3-month disc	1.61	1.42
2-year	2.39	2.35
10-year	3.84	3.83
30-year	4.58	4.56

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5071	.5065	.5018
Canadian Dollar	1.0135	1.0193	1.1072
European Euro	.6453	.6486	.7357
Japanese Yen	105.26	105.26	120.13
Mexican Peso	10.4822	10.4668	10.8892
Taiwanese Dollar	30.49	30.45	33.38

DOW NASDAQ S&P 500

DOW	NASDAQ	S&P 500
-88.66	-12.87	-6.41
-0.68	-0.52	-0.45
12969.54	2464.12	1407.49

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	42.79	-.14	-7.9
Amylin	28.34	-.14	-23.4
BiogenIdc	63.01	+.70	+10.7
BioMarin	37.41	+.64	+5.7
Celgene	65.27	+.91	+41.2
ChRvLab	57.41	-.54	-12.8
Genentch	67.79	+.55	+1.1
Genzyme	69.97	-.52	-6.0
GileadSci s	53.67	+.04	+16.6
Ilumina	80.80	+2.05	+36.3
Imclone	46.22	-.84	+7.5
Invitrogn	93.54	-.78	+1
MilPhar	24.84	-.01	+65.8
QIAGEN	22.08	-.10	+4.9
VertexPh	26.28	-.01	+13.1

SETTING SUN: Though Mike D'Antoni is still their coach, the Phoenix Suns granted permission for him to talk to other teams, GM Steve Kerr confirmed Monday. The Chicago Bulls and the New York Knicks are apparently the leading suitors.



Sports

In Cleveland, Celtics Will Be Tested

Boston knows it must play better on the road against the Cavaliers

NBA PLAYOFFS | After using their home-court advantage to the fullest, the Boston Celtics get no respite.

Next up following their seven-game survival against the Hawks will be LeBron James' Cavaliers.

"They're a group that's defending Eastern Conference champs," Kevin Garnett said Sunday, after a 99-65 rout of the Hawks sent Boston into the second round of the playoffs. "To do anything, you've got to go through them. It's good that we have home-court advantage. I think it should be a good series."

Yes, it's good for the Celtics to have the extra home game considering how badly they fared at Atlanta in a strange opening-round match-



Kevin Garnett's Celtics cruised in Boston but couldn't win on the road versus Atlanta.

up. Boston had the best record in the league and Atlanta the worst among playoff qualifiers, yet the Celtics lost all three times on the

Hawks' court.

Boston went 66-16, 29 wins better than the young Hawks. If not for the comforts of home, who

knows where the Celtics might be this week?

But they're getting ready to welcome the Cavs, who ousted Washington in the opening round. Paul Pierce was certain the Celtics wouldn't be going home for the summer.

"I really had no doubt in my mind how we were going to come out," Pierce said. "We knew that we let a couple of games get away in Atlanta, and I knew we were just going to take care of business."

Game 1 of the next series is Tuesday night.

"We all know the history of the Boston Celtics," James said. "They've been unbelievable to the history of the NBA, and this year it was good to see them back at the top, or close to the top. I haven't played there in the postseason yet, so it's going to be fun." (AP)

Swengali

WIZARDS | BY MATT SWENSON

Wizards In Bad Shape Long Term

BEING ELIMINATED from the playoffs for a third straight year is depressing enough, but the news isn't getting any better for Wizards' fans.

If you were to look at the situation objectively, one could very easily make the case that the lowly Miami Heat, the owner of the NBA's worst record this past season, is in a better situation to win a championship than our Wizards.

Based on the playoffs, it seems that your everyday, run-of-the-mill superstars just don't cut it in the postseason.

Six of the eight NBA teams left — Detroit and Utah are exceptions — have a historically good player.

Sadly the Wizards, have no such star. Moreover, Gilbert Arenas and

Yanks-Sox Fight Ends With Death

BASEBALL | After a Red Sox-Yankees argument spilled outside a bar, a Yankee fan aimed her car at a group of people to scare them and didn't brake, hitting and killing a man, authorities and witnesses said.

The Yankees fan, Ivonne Hernandez, was arraigned Monday on reckless second-degree murder and drunken-driving charges. She did not enter a plea. Hernandez, 43, was speeding toward a small group that included the man, Matthew Beaudoin, 29, and never hit her brakes, a prosecutor said Monday. (AP)

No Love Between Pa.'s Hockey Towns

Pens and Flyers share a state (and hatred) but not much else

NHL PLAYOFFS | Evgeni Malkin, the Pittsburgh Penguins' Russian-born star, remains a man of few words as he learns English and its nuances.

One subject, though, gets him talking, and a lot: the Philadelphia Flyers, the opponent the 21-year-old Malkin already loves to hate.

The NHL's second-leading scorer and MVP finalist still talks about the 8-2 loss in Philadelphia on Dec. 11, how the Flyers bullied the Penguins and got them off their game by inducing fights. In an additional indignity, he remembers popcorn being dumped on the Penguins' bench by rowdy fans.

"That's one of the teams that it's really not a pleasure to play against," Malkin said. "I really don't like playing against them. I don't like that team."

Don't like the Flyers? Join the crowd, Evgeni — most Penguins fans haven't for 41 years, or since the two expansion franchises joined the NHL in 1967. The Flyers and



Pittsburgh's Jarkko Ruutu, left, hits Daniel Briere during a rivalry game on April 2.

Penguins share the state of Pennsylvania but not much else, and their rivalry has been a long, lively and, occasionally, bloody one.

Now, the in-state rivalry is taking a previously unseen turn as the Flyers and Penguins met in a conference final for the first time. With the winner advancing to play for the

Stanley Cup, the Eastern Conference finals are certain to be competitive, contentious and colorful.

"What else can you ask for?" Penguins forward Ryan Malone said. "It's going to be a battle, it's going to be fun and, as a hockey player, you want to play in and be a part of [it]." ALAN ROBINSON (AP)

It seems that your run-of-the-mill superstars just don't cut it in the postseason.

Antawn Jamison are free agents. Jamison is a no-brainer to keep; he is the team's true leader. If Arenas opts out of his contract, Washington would be crazy to give him a maximum contract given his knee trouble and erratic behavior. A sign-and-trade is the best option.

Now back to the Heat, which already has Dwayne Wade and Shawn Marion and could very well end up with either Michael Beasley or Derrick Rose in the draft. If either rookie is as good as advertised, look out.

The Wizards, as currently constructed, can't beat LeBron James and finished behind Dwight Howard's Magic. Add Miami to the mix and Washington is likely to fall, unless it finds one of those rare franchise players.

TODAY'S TV LINEUP

NATIONALS (8 P.M. ON MASN) Shawn Hill has been pitching well but has yet to tally a win. He gets another chance in Houston against Shawn Chacon and the Astros.

ORIOLES (10 P.M. ON MASN2) The Orioles stay out West for a three-game series against the A's.

NBA PLAYOFFS (8 P.M. ON TNT) LeBron James heads into Boston for the first game against the top-seeded Celtics.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Sports

"That's what ticks me off about Chicago fans and media. They forget pretty quickly. A couple of days ago we were the [bleeping] best [stuff]. Now we're [bleep]."

— White Sox manager Ozzie Guillen to a group of Chicago media before Sunday's loss to the Blue Jays.



Clemens: Sorry for 'Mistakes'

McNamee's lawyers say affair shows star pitcher can't be trusted

BASEBALL | Roger Clemens apologized Monday for unspecified mistakes in his personal life, a statement Brian McNamee's lawyers intend to use to attack the pitcher's credibility at trial.

The New York Daily News reported last week that Clemens had a decade-long relationship with country star Mindy McCready that began when she was 15. The newspaper also linked him to former Man-

hattan bartender Angela Moyer and Paulette Dean Daly, a former wife of golfer John Daly.

Clemens denied having an affair with a 15-year-old but didn't specifically address whether he had a romance with McCready.

"Even though these articles contain many false accusations and mistakes, I need to say that I have made mistakes in my personal life for which I am sorry," Clemens said in a statement.



Clemens

"I have apologized to my family and apologize to my fans. Like everyone, I have flaws."

McNamee, Clemens' former trainer, accused the pitcher in December's Mitchell Report of using performance-enhancing drugs in 1998, 2000 and 2001, before players and owners agreed to ban them.

"I think what it says without saying it is that he apparently admits he cheated on his wife and family. And if he cheated on them, I think it's reasonable to assume that he cheated his fans and baseball," Richard Emery, one of McNamee's lawyers, said in a telephone interview. (AP)

MLB STANDINGS

THROUGH MAY 4'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	20	13	.606	—	14-5	6-8
Baltimore	16	15	.516	3	10-6	6-9
Tampa Bay	16	15	.516	3	10-7	6-8
N.Y. Yankees	17	16	.515	3	8-7	9-9
Toronto	15	17	.469	4.5	8-7	7-10

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Minnesota	16	14	.533	—	11-6	5-8
Chicago	14	15	.483	1.5	7-6	7-9
Kansas City	14	16	.467	2	5-7	9-9
Cleveland	14	17	.452	2.5	8-11	6-6
Detroit	14	18	.438	3	6-8	8-10

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	20	13	.606	—	10-8	10-5
Oakland	19	14	.576	1	9-9	8-5
Seattle	13	19	.406	6.5	7-7	6-12
Texas	13	19	.406	6.5	6-8	7-11

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Philadelphia	18	14	.563	—	10-8	8-6
N.Y. Mets	16	13	.552	0.5	9-5	7-8
Florida	17	14	.548	0.5	9-9	8-5
Atlanta	15	15	.500	2	11-4	4-11
Washington	14	18	.438	4	10-8	4-10

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	20	12	.625	—	14-7	6-5
Chicago	18	13	.581	1.5	11-6	7-7
Milwaukee	16	15	.516	3.5	7-6	9-9
Houston	16	16	.500	4	9-5	7-11
Pittsburgh	12	19	.387	7.5	6-7	6-12
Cincinnati	12	20	.375	8	6-8	6-12

WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	21	10	.677	—	12-5	9-5
L.A. Dodgers	17	14	.548	4	9-5	8-9
San Fran.	14	18	.438	7.5	8-8	6-10
Colorado	12	19	.387	9	5-8	7-11
San Diego	12	20	.375	9.5	6-9	6-11

PRIMETIME THURSDAY



VS



D.C. UNITED vs CHICAGO FIRE

Thursday, May 8
7:30pm - RFK

Presented by:
Makita

FOR TICKETS CALL
202-587-5000 OR
VISIT DCUNITED.COM

TEXT "DCU3" TO 49850 FOR A CHANCE
TO WIN AN AUTOGRAPHED TEAM BALL!

© 2008 MLS. All Major League Soccer properties used by permission. All rights reserved © 2008 All Photos D.C. United and WireImage.

GW ARLINGTON AND ALEXANDRIA CENTERS

GRADUATE PROGRAMS IN

ENGINEERING MANAGEMENT & SYSTEMS ENGINEERING

Focus on your interests with a Master's Degree or Graduate Certificate in:

- Engineering & Technology Management
- Homeland Security Emergency Preparedness & Response
- Systems Engineering

Combine technology with management. Our evening and Saturday programs will both advance your career and expand your horizons.

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo

Information Sessions

Thursday, May 15
6:00 pm

Wednesday, June 25
6:00 pm

Graduate Education Center,
Arlington
3601 Wilson Blvd., Suite 400
Arlington, VA
Metro: Orange Line to
Virginia Square

Rsvp Today!

202.973.1130

nearyou.gwu.edu/engineering



314

The number of minutes it took to finish Game 6 of the Sharks-Stars series. Sunday's game went to four overtimes before the Stars won 2-1 to advance to the conference finals.

Sports

Plucky Twins in 1st Place

Minnesota resembles group of lovable losers from 'Major League'

BASEBALL | The Minnesota Twins began their first day in full possession of first place this year by promptly falling behind 6-0 in the top half of the first inning on Sunday.

Then they came back and won.

"I think it just proves that you can't count us out," right-hander Boof Bonser said after giving up those early runs in the 7-6 win.

Bonser was referring to both the game and the season.

"We're starting to come together now," he said, sounding a bit like manager Lou Brown — that crusty character in the movie "Major League" about the collection of has-been and never-will-be players that wins the pennant.

These Twins have more talent than that fictional bunch from the classic 1989 comedy, but they entered this season in a similar situ-



Joe Nathan and Nick Punto celebrate after Sunday's comeback win versus Detroit.

ation after Torii Hunter left as a free agent and Cy Young Award winner Johan Santana was traded to the Mets for four prospects.

Justin Morneau, Joe Nathan and Michael Cuddyer were given big-money contract extensions, and promising left fielder Delmon Young was acquired along with a handful of other useful players. But few viewed

this club as a playoff contender.

But after five weeks, thanks in part to slow starts by the favored Tigers and Cleveland Indians, Minnesota is atop the AL Central.

"We're starting to get to know each other," backup infielder Nick Punto said, adding: "Hopefully, it only took a month, and we'll keep rolling." DAVE CAMPBELL (AP)

Have You Been Depressed in the Past?

The NIMH is looking for volunteers to help better understand the causes of depression. The research studies are conducted at the NIH Clinical Center in Bethesda, Maryland.

Patients should be:

- Ages 18-50
- Not currently depressed
- Medication-free
- Otherwise medically healthy

The study includes medical and psychiatric evaluations. Financial compensation and transportation reimbursement provided.

Call: **301-594-3186**

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

or for other studies: www.clinicaltrials.gov



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

NIMH
National Institute of Mental Health

04-M-0002

NIH ASTHMA CLINICAL RESEARCH STUDY

Patients with asthma taking inhaled steroids may be eligible to participate in a study at the NIH Clinical Center. The purpose of this study is to determine if a widely used medicine for diabetes can improve asthma.

- All study-related tests and medications will be provided without cost
- Compensation will be provided

Call: **1-800-411-1222**

Se habla español
TTY: 1-866-411-1010

Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

MASTER OF FORENSIC SCIENCES GW ARLINGTON CENTER

CONCENTRATIONS IN
**HIGH TECHNOLOGY
CRIME INVESTIGATION**
AND
**SECURITY
MANAGEMENT**

THE COLUMBIAN COLLEGE OF ARTS AND SCIENCES

Learn from the experts in the fields of cyber terrorism, intrusion detection, forensic accounting, risk analysis, emergency planning and espionage.

Gain experience in lab-based digital forensic courses.

Secure a professional position in a dynamic and rewarding career field.

Attend convenient classes held on evenings and weekends in Arlington.

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo

32909

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/
AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.



WeekendPass makes the weekend artful.

Every Thursday in Express.



Master's Degrees

Flexible full-time or part-time evening schedules

Human Resources

Journalism

Public Relations/Corporate
Communications

Real Estate

Sports Industry Management

INFORMATION SESSION

Wednesday, May 14, 2008 | 6:30 p.m.

INTERCULTURAL CENTER (ICC)
GEORGETOWN UNIVERSITY MAIN CAMPUS,
37th & O Streets, NW, Washington, DC 20057

To RSVP, visit scs.georgetown.edu/mps
or call 202.687.8700

NOW ACCEPTING APPLICATIONS



purpose

Your world is still waiting for you to change it. Earn a graduate degree that will help you use your energy, passion, and intelligence to give purpose to your career, bring people together, or impact lives.

Sports



JOB WELL DONE: The D.C. Council will present Capitals owner Ted Leonsis with a ceremonial resolution on Tuesday lauding the team for a good season and declaring this week Capitals Week.

Trainer Backs Derby Jockey

Rider Saez is at center of controversy after Eight Belles' death

HORSE RACING | The trainer of euthanized filly Eight Belles adamantly defended the way jockey Gabriel Saez handled the Kentucky Derby runner-up.

In an interview with The Associated Press on Monday, Larry Jones said Saez applied the whip only to prevent Eight Belles from crashing into the rail.

"This filly in every race has tried to drift toward the rail," Jones said.

"It's her comfort zone, and Gabriel knows this. This kid made every move the right move, and I hate it that they're wanting to jump down his throat. He did not try to abuse that horse to make her run faster. He knew he was second best, that she wasn't going to catch Big Brown."

Jones spoke while traveling from Churchill Downs to Delaware with his other prized filly, Kentucky Oaks winner Proud Spell.



Jones

People for the Ethical Treatment of Animals called for Saez to be suspended, contending he should have noticed an injury and pulled the horse up rather than applied the whip. Calls Monday to the Kentucky Horse Racing Authority were not immediately returned.

Eight Belles broke both front ankles while galloping out a quarter-mile past the finish line and was euthanized on the track.

Jones said he has watched the race from various angles and found that not only did Saez do nothing wrong, but he did everything right.

JEFFREY MCMURRAY (AP)

BATTLE of the BOULEVARD

Presented by LUCKY BRAND JEANS

10K Run, 2K Walk, Neighborhood & Wellness Fest



Saturday, May 10, 2008 • 9:00am Start • Clarendon METRO, Arlington, VA

Brand new exciting course running along Wilson Boulevard through the eclectic Arlington neighborhoods of Clarendon, Courthouse, and Rosslyn

An exciting race course for area runners and fitness enthusiasts

Starts directly across from Clarendon Metro; off street parking available

Brooks podium technical tee for 10K participants

YMCA Arlington Kid's Zone with activities and fun for kids

Entertainment Zone presented by Mr. Days Sports Rock Café

Post-race showers courtesy of Gold's Gym

Wellness fest at Clarendon Central Park

Entertainment by AltArlington, DC Accidentals, Dr. FU & Practically Einstein

To register or for more information visit www.battleoftheboulevard.com





NO GRAMMY WINNER LEFT BEHIND: Tennessee country music star Gretchen Wilson has added another accolade to sit beside her Grammy Award. Wilson, 34, has earned her GED and will graduate from high school in a ceremony May 15.

Entertainment

Luck Be a Gentleman

Family man Kutcher returns to his wild roots with 'Vegas'

GAMBLING | Ashton Kutcher enjoyed some wild times in Las Vegas during his bachelor days. There was the night, for example, when the Hollywood hunk wound up on a stage dancing with porn stars and providing backup rap vocals for the Digital Underground.

Of course, that was before Kutcher met and married actress Demi Moore and became stepfather to her three daughters.

His wild partying days behind him, the 30-year-old former "That '70s Show" star calls himself "the most happily married guy on the planet."

Happilyst?

"I'm making up words," he says with a chuckle.

While Kutcher is certain he's found the woman with whom he hopes to spend the rest of his life, such is not the case with his character in the romantic comedy "What Happens in Vegas," opening Friday. Not initially, that is.

As Jack Fuller, Kutcher is a commitment-phobic party guy who winds up hitched to Joy (Cameron Diaz), a recently dumped doormat, after a drunken night of



TAKE A CHANCE ON LOVE: Ashton Kutcher finds wedded bliss — eventually — with the help of a slot machine jackpot and 25 cents in "What Happens In Vegas."

revelry in Sin City. The next morning, the newlyweds discover their folly and agree to go their separate ways. There's just one problem. He's won \$3 million on a slot machine with her quarter. So, who gets the money? An ornery divorce court judge (Dennis Miller) orders them to six months of hard marriage. At the end of their "sentence," they can go their separate ways and split the money. But if either fails to make an effort to make their union work, the other gets all the loot.

Kutcher was drawn to the role because he liked the script and wanted to work with Diaz. "She may be the only true comedic leading lady in our business now who has really honed [her] craft," he says.

Kutcher says he could relate to some aspects of his character. "I'm very competitive," he reports. "I understand his desire to escape and not wanting to be under the thumb of somebody else. His sort of recklessness relates to my life."

Another aspect of Jack's personality that Kutcher responded to was his win-at-all-costs attitude. "I hate losing anything," he says in a dead serious tone. "I get upset with myself and then I become sort of obsessively geared towards never letting it happen again." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)



FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT [READEXPRESS.COM](http://readexpress.com)

LIV WARFIELD

Voice Like Honey

Indie soul singer Liv Warfield has a smooth, sensual sound that melds R&B, gospel and soul. It's not exactly unexpected, but it's good solid music, and it's worth a night's listen. The Portland, Ore.-based Warfield's songs are bluesy and lovely, and her voice is nothing to sneeze at, either. As always with Blues Alley, there are two shows per night.

→ *Blues Alley, 1073 Wisconsin Ave. NW; 8 p.m. and 10 p.m., \$20, 202-337-4141.*



MADELEINE ALBRIGHT

Madam Secretary

2 Listen up, future President of Our Great Nation. Madeleine Albright has some suggestions for you, and she has kindly organized them in her new book, "Memo to the President Elect: How We Can Restore America's Reputation and Leadership." Hey, even if you're not Clinton, McCain, or Obama, a lunch break with Madam Secretary might do you some good.

→ *Library of Congress, 101 Independence Ave. SE; 12 p.m., free; 202-707-5000. (Capitol South)*

WAS (NOT WAS)

Brothers in Arms

3 David Was and David Was, frontmen of Was (Not Was), are not really brothers. And those aren't their real names. But their music really is great and bouncy and fun

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$35; 703-549-7500.*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

'Idol's' Soulful Survivor

Last woman standing Syesha Mercado has defied all the odds

TOP FOUR | This might be Syesha Mercado's last week on "American Idol." And she should be ecstatic about that.

Not because she'll be leaving the hit show — that's a tough break in any case. But because she outlasted, outperformed and outsang all of the female competitors and all but

readexpress.com

Will this week be Syesha's last hurrah? Give your take at readexpress.com/idol

three of the wildly popular men in this season's formidable lineup.

And she's had to fight for her survival each step of the way, landing near the bottom of the contestant pack a record-tying five times at least without losing her spot in the mix.

The secret to her success? It's

tough to say, since the "Idol" audience can be as unpredictable as a Gulf Coast hurricane, but her continued improvement onstage is surely a factor. She dazzled during Andrew Lloyd Webber week and showed off an impressive range with the songs of Neil Diamond.

Could Syesha displace a flailing Jason Castro on Wednesday and live to fight another week? You'd think not. But it seems this underdog has an unending supply of new tricks.

GREG BARBER (EXPRESS)



Syesha Mercado has fought her way from the bottom up on "American Idol."

Entertainment



WALKING GIRL: No one doubts she's hard-driving. But she has never learned to drive, Barbara Walters reveals in her new memoir, "Audition." The 612-page book also says Sir Laurence Olivier told her she looks better when filmed on the left.

Lowe Down on Singer

Indie group's leading man is hoping to win over the open-minded

MUSIC | Singer may be an indie-rock supergroup of sorts, but don't expect its members to play that up. In fact, the Chicago-based band would be happiest if you forgot who they were.

"I imagine that it's probably harmful," said singer-bassist Rob Lowe of the band's pedigree. (And this is the Rob Lowe from the math-rockers 90 Day Men and the more ambient personal project Lichens,

not from TV shows.)

"People will have preconceived notions of what the music is going to be," he said. "That happens with anything, but when you have a past, when you have a body of work, people will judge you on that."

"I would hope that [people] approach it with an open mind, but I know that I would be a fool to think that."

Singer's illustrious-for-underground-music makeup also includes two members of noise-rock outfit U.S. Maple, and one from avant-garde minimalists Town & Country. The group's music is sparse, tense,



Singer plays a sparse, tense version of rock inspired by legend Chuck Berry.

readexpress.com

For more of our conversations with Singer's Rob Lowe (not the "West Wing" star), visit readexpress.com/entertainment.php

arrhythmic, sprawling, deconstructed rock 'n' roll.

Yes, straight-up rock 'n' roll, a la Chuck Berry.

Well, at least that's what Lowe claims.

"We're writing pop songs," he stated, before recanting. "Well, not pop songs, but we're writing rock 'n' roll music, but taking it out of context. We're taking all the things

we've listened to over the years and applied that to what we do.

"It is rock, but will people perceive it as that? I don't know. It would be great if they did."

And it's not that Singer sounds like Berry, but Lowe said the band uses a similar approach to that of the icon.

"When Chuck Berry was doing it, it was such a new art form and his take on it — people were kind of caught off guard by the way he played the guitar because it was a totally different thing. ... I would hope that people could apply that in the same way," Lowe explained, then quickly added: "Not to say we're as important as that, by any means." KATHERINE SILKAITIS

→ *Velvet Lounge, 915 U St. NW; with Suns of Guns and Authorization, Tue., 9 p.m., \$8; 202-462-3213. (U St.-Cardozo).*

LEARN ENGLISH *Sanz* since 1939
Se Habla Español
1(877) 844-2505

Become a Certified Computer Technician
CTI Career Technical Institute
888.639.6244

Learn Medical BILLING & CODING
Financial Aid if qualified
Job Placement Help
Day, Eve, Weekend
Sanz
1(877) 707-4488
CTO SCHEV

Train to be a **MEDICAL ASSISTANT**
Sanz since 1939
Financial Aid If You Qualify
Job Placement Assistance
Days, Eve and Weekends
Convenient Locations in DC MD VA
1(877) 314-0606
Certified in VA by SCHEV

REGAL ENTERTAINMENT GROUP
ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
IRON MAN (PG-13) ★ (1200 130 215 300 430 515) 600 730 815 900 1030
IRON MAN - DP (PG-13) ★ (1245 345) 645 945
MADE OF HONOR (PG-13) (115 200 415 500) 715 800 1000 1030
BABY MAMA (PG-13) (215 445) 745 1015
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (1215 200 245 530) 715 815 1045
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (430) 945
FORBIDDEN KINGDOM (PG-13) (100 345) 630 915
FORGETTING SARAH MARSHALL (R) - ID REQ'D (145 430) 800 1045
PROM NIGHT (PG-13) (145) 1000
88 MINUTES (R) - ID REQ'D (415) 700
DECEPTION (R) - ID REQ'D 715 1000
NIM'S ISLAND (PG) (1200 220 445)

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
IRON MAN - DP (PG-13) ★ (100) 400 700 1000
MADE OF HONOR (PG-13) (1220 145) 315 415 615 715 900 945
IRON MAN (PG-13) ★ (1230 130 200) 330 430 500 630 730 800 930 1030
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (245) 1040
DECEPTION (R) - ID REQ'D (1145 220) 510 805 1035
BABY MAMA (PG-13) (1150 210) 435 705 930
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (1210) 520 810
FORBIDDEN KINGDOM (PG-13) (115) 440 745 1035
88 MINUTES (R) - ID REQ'D (1215 300) 530 815 1045
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1245) 345 740 1025
STREET KINGS (R) - ID REQ'D (1200) 505 1020
SMART PEOPLE (R) - ID REQ'D (235) 755
PROM NIGHT (PG-13) (1155 210) 450 720 940

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
MADE OF HONOR (PG-13) (200 500) 745 1025
IRON MAN (PG-13) ★ (100 130 330 400 430) 630 700 730 930 1000 1030
DECEPTION (R) - ID REQ'D (145 445) 745 1015
BABY MAMA (PG-13) (230 515) 800 1025
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (215) 800
FORBIDDEN KINGDOM (PG-13) (115 345) 700 945
88 MINUTES (R) - ID REQ'D (215 445) 715 945
FORGETTING SARAH MARSHALL (R) - ID REQ'D (100 200 330 430) 630 730 900 1010
STREET KINGS (R) - ID REQ'D 715 1000
NIM'S ISLAND (PG) (145 415) 645 930
HORTON HEARS A WHO (G) (115 400) 645 930
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (500) 1030

MAJESTIC STADIUM 20
formerly Consolidated Theatres
900 Ellsworth Dr. Silver Spring, MD 240-393-4826

ROYALE STADIUM 14
formerly Consolidated Theatres
6505 American Blvd. Hyattsville, MD 301-864-3456

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
IRON MAN - DP (PG-13) ★ (100 400) 700 1000
MADE OF HONOR (PG-13) (1230 130 200 330 430 500) 630 730 800 930 1030 1000 1030
DECEPTION (R) - ID REQ'D (215 435) 715 935
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (245 510) 745 1010
FORBIDDEN KINGDOM (PG-13) (230 510) 745 1020
FORGETTING SARAH MARSHALL (R) - ID REQ'D (145 420) 715 950
PROM NIGHT (PG-13) (515) 1025
NIM'S ISLAND (PG) (1245 300 520)
21 (PG-13) (230) 730

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
IRON MAN - DP (PG-13) ★ (100 400) 700 1000
MADE OF HONOR (PG-13) (1230 130 200 330 430 500) 630 730 800 930 1030 1000 1030
DECEPTION (R) - ID REQ'D (215 435) 715 935
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (245 510) 745 1010
FORBIDDEN KINGDOM (PG-13) (230 510) 745 1020
FORGETTING SARAH MARSHALL (R) - ID REQ'D (145 420) 715 950
PROM NIGHT (PG-13) (515) 1025
NIM'S ISLAND (PG) (1245 300 520)
21 (PG-13) (230) 730

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
MADE OF HONOR (PG-13) (145 215 440 510) 715 745 950 1020
IRON MAN - DP (PG-13) ★ (100 400) 700 1000
IRON MAN (PG-13) ★ (1200 1230 130 200 330 430 500 630 730 800 930 1030 115 350) 640 915
BABY MAMA (PG-13) (1210 210 450 530) 750 1040
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (250) 830
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (250) 830
DECEPTION (R) - ID REQ'D (110 410) 710 1010
FORBIDDEN KINGDOM (PG-13) (135 435) 735 1035
88 MINUTES (R) - ID REQ'D (230 520) 810
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1220 310 555) 840
NIM'S ISLAND (PG) (1250 320 550)
21 (PG-13) (1240) 820
TYLER PERRY'S: MEET THE BROWNS (PG-13) (345) 920

KINGSTOWNE STADIUM 16
formerly Consolidated Theatres
5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
MADE OF HONOR (PG-13) (1150 145 215) 440 510 715 745 950 1020
IRON MAN - DP (PG-13) ★ (100 400) 700 1000
IRON MAN (PG-13) ★ (1200 1230 130 200 330 430 500 630 730 800 930 1030 115 350) 640 915
BABY MAMA (PG-13) (1210 210 450 530) 750 1040
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (250) 830
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (250) 830
DECEPTION (R) - ID REQ'D (110 410) 710 1010
FORBIDDEN KINGDOM (PG-13) (135 435) 735 1035
88 MINUTES (R) - ID REQ'D (230 520) 810
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1220 310 555) 840
NIM'S ISLAND (PG) (1250 320 550)
21 (PG-13) (1240) 820
TYLER PERRY'S: MEET THE BROWNS (PG-13) (345) 920

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
IRON MAN - DP (PG-13) ★ (100 400) 700 1000
MADE OF HONOR (PG-13) (1130 145 230 415 530) 715 830 945
IRON MAN (PG-13) ★ (1200 1230 130 200 330 430 500 630 730 800 930 1030 730 800 930 1030
DECEPTION (R) - ID REQ'D (1215 245 515) 750 1020
BABY MAMA (PG-13) (1120 220 420 520) 720 820 1010
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (1140 240 540) 740 840
FORBIDDEN KINGDOM (PG-13) (1240 210 350) 650 940 1035
88 MINUTES (R) - ID REQ'D (1250 340) 640 915
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1140 410 510) 645 745 920
STREET KINGS (R) - ID REQ'D 950 PM
PROM NIGHT (PG-13) (1220 310 550) 810 1025
NIM'S ISLAND (PG) (1245 345) 610 850
21 (PG-13) (1210 320) 620 910
HORTON HEARS A WHO (G) (1150 235 450) 710
OC: HAROLD & KUMAR ESCAPE FROM GUANTANAMO (R) - ID REQ'D (440) 1015

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
IRON MAN - DP (PG-13) ★ (100 400) 700 1000
MADE OF HONOR (PG-13) (1130 115 230 415 530) 715 830 945
IRON MAN (PG-13) ★ (1100 1230 130 200 330 430 500) 630 730 800 930 1030 730 800 930 1030
DECEPTION (R) - ID REQ'D (210 450) 750 1010
STREET KINGS (R) - ID REQ'D (115 415) 715 1020
PROM NIGHT (PG-13) (1245 345) 640 945
NIM'S ISLAND (PG) (1220 315) 650
THE SUPER HERO MOVIE (PG-13) (145 440) 740 1040
21 (PG-13) (1150 210) 435 710 935

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale SPEED RACER (PG) ★
Adv. Tix on Sale CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) ★
IRON MAN - DP (PG-13) ★ (100 400) 700 1000
MADE OF HONOR (PG-13) (1130 115 230 415 530) 715 830 945
IRON MAN (PG-13) ★ (1100 1230 130 200 330 430 500) 630 730 800 930 1030 730 800 930 1030
DECEPTION (R) - ID REQ'D 650 950
BABY MAMA (PG-13) (1110 145 445) 745 1015
HAROLD & KUMAR ESCAPE FROM GUANTANAMO
BAY (R) - ID REQ'D (1140 240 540) 740 840
FORBIDDEN KINGDOM (PG-13) (140 410) 645 915
88 MINUTES (R) - ID REQ'D (350) 920
FORGETTING SARAH MARSHALL (R) - ID REQ'D (1150 220 520) 750 1020
PROM NIGHT (PG-13) (110 320 550) 820 1035
NIM'S ISLAND (PG) (1120 310) 420
21 (PG-13) (1250) 640

Times For 5/6 Bargain Matinees In () OC= Open Captioned DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply

©2008



Experience the Difference.

Advanced Ticketing
at MovieWatcher.com

See it first - Tickets on sale now!
The Chronicles of Narnia: Prince Caspian opens May 16th

AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL PRESENTATION

IRON MAN (PG13) ✓ 2:40, 6:00, 9:20

IRON MAN (PG13) ✓ 1:30, 2:00, 3:20, 4:00, 4:40, 5:20, 6:40, 7:20, 8:00, 8:40, 10:00, 10:25
MADE OF HONOR (PG13) ✓ 1:50, 2:30, 4:25, 5:05, 7:00, 7:40, 9:30, 10:10

BABY MAMA (PG13) 2:15, 3:10, 4:55, 5:40, 7:30, 8:10, 10:05, 10:35
BABY MAMA (PG13) 2:15, 4:55, 7:30, 10:05

DECEPTION (R) 2:25, 5:05, 7:50

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

2:05, 2:45, 4:30, 5:10, 7:05, 7:45, 9:40, 10:20

88 MINUTES (R) 2:55, 5:35, 8:15

THE FORBIDDEN KINGDOM (PG13) 1:35, 3:45, 4:20, 6:30, 7:10, 9:15, 9:55

FORGETTING SARAH MARSHALL (R) 2:10, 4:05, 4:45, 6:50, 7:35, 9:35, 10:15

PROM NIGHT (PG13) 3:05, 5:25, 7:30, 9:40

STREET KINGS (R) 2:50, 5:20, 7:55, 10:30

NIM'S ISLAND (PG) 2:20, 4:50, 7:15, 9:45

THE RUINS (R) 7:25, 9:50

21 (PG13) 2:35, 5:30, 8:20

DR. SEUSS' HORTON HEARS A WHO! (G) 3:00, 5:15

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

DIGITAL PRESENTATION

IRON MAN (PG13) 2:30, 5:30, 8:30

IRON MAN (PG13) 12:15, 1:05, 1:45, 3:15, 4:05, 4:45, 6:15, 7:05, 7:45, 9:15, 10:05

MADE OF HONOR (PG13) 12:55, 2:15, 3:35, 4:50, 6:10, 7:25, 8:45, 10:00

BABY MAMA (PG13) 1:40, 4:10, 6:35, 9:05

BABY MAMA (PG13) 1:40, 4:10, 6:35, 9:05

DECEPTION (R) 6:05, 8:35

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

12:00, 2:25, 5:00, 7:35, 10:10

88 MINUTES (R) 4:20, 9:40

THE FORBIDDEN KINGDOM (PG13) 1:20, 4:00, 6:40, 9:20

FORGETTING SARAH MARSHALL (R) 12:40, 3:20, 6:20, 9:00

PROM NIGHT (PG13) 12:05, 2:20, 4:30, 6:45, 9:10

NIM'S ISLAND (PG) 12:10, 2:35, 4:55, 7:15, 9:35

21 (PG13) 1:30, 6:55

DR. SEUSS' HORTON HEARS A WHO! (G) 1:25, 3:50

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

IRON MAN (PG13) 2:00, 5:00, 7:45, 10:30

IRON MAN (PG13) 1:00, 3:00, 4:00, 6:00, 7:00, 9:00, 10:00

MADE OF HONOR (PG13) 2:10, 3:10, 4:40, 5:40, 7:15, 8:15, 9:50, 10:30

BABY MAMA (PG13) 2:40, 5:05, 7:35, 10:15

DECEPTION (R) 1:20, 4:05, 6:45, 9:45

DECEPTION (R) 1:20, 4:05, 6:45, 9:45

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

1:40, 4:10, 6:50, 9:40

88 MINUTES (R) 1:50, 4:30, 10:15

THE FORBIDDEN KINGDOM (PG13) 2:15, 4:55, 7:40, 10:20

FORGETTING SARAH MARSHALL (R) 2:55, 5:30, 7:55, 10:25

SMART PEOPLE (R) 2:20, 7:30

21 (PG13) 1:30, 4:20, 7:20, 10:20

THE BANK JOB (R) 4:50, 10:10

AMC SELECT

YOUNG@HEART (PG) 2:30, 5:10, 7:50, 10:25

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION

IRON MAN (PG13) ✓ 2:30, 5:30, 8:30

IRON MAN (PG13) ✓ 12:15, 1:00, 1:45, 3:15, 4:00, 4:45, 6:15, 7:00, 7:45, 9:15, 10:00, 10:35

MADE OF HONOR (PG13) ✓ 1:10, 2:10, 3:50, 4:50, 6:30, 7:30, 9:10, 10:10

BABY MAMA (PG13) 1:15, 2:00, 3:45, 4:35, 6:45, 7:25, 9:20, 10:05

BABY MAMA (PG13) 2:00, 4:35, 7:25, 10:05

DECEPTION (R) 4:55, 7:35, 10:20

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

12:20, 2:15, 3:00, 5:00, 5:45, 7:50, 8:35, 10:30

88 MINUTES (R) 12:15, 2:40, 5:15, 7:55, 10:30

THE FORBIDDEN KINGDOM (PG13) 12:45, 1:40, 3:25, 4:25, 6:30, 9:10, 9:25, 10:15

FORGETTING SARAH MARSHALL (R) 2:20, 5:20, 8:00

PROM NIGHT (PG13) 12:35, 2:50, 5:10, 7:20, 9:55

STREET KINGS (R) 2:05, 4:40, 10:25

NIM'S ISLAND (PG) 12:30, 2:45, 5:05, 7:15

21 (PG13) 9:45 PM

DR. SEUSS' HORTON HEARS A WHO! (G) 12:25, 2:35

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

IRON MAN (PG13) ✓ 2:00, 4:00, 5:00, 7:00, 8:00, 9:50, 10:50

MADE OF HONOR (PG13) ✓ 2:50, 5:20, 7:40, 10:10

BABY MAMA (PG13) 3:30, 5:50, 8:10, 10:30

DECEPTION (R) 3:00, 5:30, 7:50, 10:40

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

2:20, 4:50, 7:10, 9:30

88 MINUTES (R) 5:10, 10:00

NIM'S ISLAND (PG) 2:55, 7:30

21 (PG13) 1:50, 4:40, 7:30, 10:20

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

IRON MAN (PG13) 12:15, 1:00, 1:30, 3:15, 4:05, 4:35, 6:15, 7:00, 7:30, 9:15, 10:00

DECEPTION (R) 7:05, 9:55

DECEPTION (R) 7:05, 9:55

88 MINUTES (R) 2:20, 4:50, 7:20, 9:50

THE FORBIDDEN KINGDOM (PG13) 12:20, 1:10, 3:10, 4:10, 6:10, 7:10, 9:05, 10:00

PROM NIGHT (PG13) 1:45, 4:15, 6:30, 7:35, 8:45, 9:45

STREET KINGS (R) 12:05, 2:40, 4:10, 5:10, 6:40, 7:40, 9:10, 10:05

SUPERHERO MOVIE (PG13) 1:40

TYLER PERRY'S MEET THE BROWNS (PG13) 12:15, 2:45, 5:15, 7:45, 10:05

DR. SEUSS' HORTON HEARS A WHO! (G) 12:30, 2:50, 5:00

COLLEGE ROAD TRIP (G) 12:10, 2:55, 5:20

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

PRICELESS (NR-NOT RATED) 1:50, 4:30, 7:00, 9:20

AMC SELECT

THE VISITOR (PG13) 1:40, 3:50, 7:40, 9:55

THE LIFE BEFORE HER EYES (R) 1:30, 4:10, 7:20, 9:40

MISS PETTIGREW LIVES FOR A DAY (PG13) 2:30, 5:00, 7:50, 9:50

THE COUNTERFEITERS (R) 2:00, 4:20, 7:00, 9:10

THE BAND'S VISIT (PG13) 2:10, 4:40, 7:10, 9:30

IN BRUGES (R) 2:20, 4:50, 7:30, 9:50

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

IRON MAN (PG13) 1:00, 4:00, 7:00, 10:00

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

IRON MAN (PG13) ✓ 12:00, 3:00, 5:55, 8:55

IRON MAN (PG13) ✓ 12:45, 1:30, 2:15, 3:45, 4:30, 5:15, 6:45, 7:30, 8:10, 9:45, 10:20, 11:00

MADE OF HONOR (PG13) ✓ 12:15, 1:50, 2:45, 4:15, 5:30, 7:00, 7:55, 9:30, 10:30

BABY MAMA (PG13) 12:05, 1:05, 2:30, 3:25, 4:50, 5:50, 7:10, 8:20, 9:35, 10:40

DECEPTION (R) 12:10, 2:40, 5:10, 8:15, 10:50

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

12:50, 1:55, 3:20, 4:35, 5:45, 7:20, 8:25, 9:55, 10:55

88 MINUTES (R) 5:20, 7:50, 10:25

THE FORBIDDEN KINGDOM (PG13) 1:40, 4:20, 7:15, 10:00

FORGETTING SARAH MARSHALL (R) 1:35, 4:25, 7:25, 10:10

PROM NIGHT (PG13) 5:40, 8:05, 10:15

NIM'S ISLAND (PG) 12:35, 2:55

21 (PG13) 1:45, 4:40, 7:35, 10:45

DR. SEUSS' HORTON HEARS A WHO! (G) 1:15, 3:30

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

IRON MAN (PG13) ✓ 1:45, 4:40, 7:40

MADE OF HONOR (PG13) ✓ 1:50, 4:20, 7:00

BABY MAMA (PG13) 2:30, 5:10, 8:00

DECEPTION (R) 5:00

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

2:50, 5:20, 7:50

THE FORBIDDEN KINGDOM (PG13) 2:00, 7:30

FORGETTING SARAH MARSHALL (R) 2:10, 4:50, 7:20

NIM'S ISLAND (PG) 2:10, 4:30, 7:10

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION

IRON MAN (PG13) ✓ 12:30, 3:20, 6:20, 9:20

IRON MAN (PG13) ✓ 1:00, 1:50, 2:40, 4:00, 4:50, 5:40, 7:00, 7:50, 8:40, 10:00

IRON MAN (PG13) 2:40, 5:40, 8:40

MADE OF HONOR (PG13) ✓ 12:45, 2:00, 3:15, 4:30, 5:45, 7:05, 8:15, 9:35

BABY MAMA (PG13) 12:30, 1:20, 2:50, 3:50, 5:10, 6:30, 7:40, 8:55, 10:10

DECEPTION (R) 2:05, 4:45, 7:30, 10:05

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

12:35, 1:45, 3:10, 4:25, 5:35, 7:10, 8:20, 9:50

88 MINUTES (R) 1:55, 4:40, 7:25, 9:55

THE FORBIDDEN KINGDOM (PG13) 12:50, 3:30, 6:10, 8:50

FORGETTING SARAH MARSHALL (R) 1:35, 4:15, 6:55, 9:40

PROM NIGHT (PG13) 1:10, 3:35, 5:55, 8:05, 10:20

STREET KINGS (R) 5:00, 7:35, 10:25

NIM'S ISLAND (PG) 12:55, 3:05, 5:30, 7:55, 10:15

21 (PG13) 2:10, 4:55, 7:45, 10:30

DR. SEUSS' HORTON HEARS A WHO! (G) 12:35, 2:35

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

IRON MAN (PG13) 1:55, 4:30, 7:30

MADE OF HONOR (PG13) 1:35, 4:15, 7:00

BABY MAMA (PG13) 2:00, 4:30, 7:25

HAROLD AND KUMAR ESCAPE FROM GUANTANAMO BAY (R)

1:50, 4:20, 7:35

NIM'S ISLAND (PG) 1:45, 4:35, 7:05

Times for Tuesday, May 6, 2008

express



automobile dealers

more cars on the net



@washingtonpost.com



CAPITOL CADILLAC

GREENBELT, MD 301-441-9600
6500 CAPITOL DRIVE WWW.CAPITOLCADILLAC.COM



KOONS CHEVY TYSONS



10% OFF
with this ad

BEFORE

- Evening and Saturday Appointments
- Most insurance accepted
- Free cosmetic consultation

AFTER

- Free implant, Lumineer and Invisalign consultation
- One block from ROSSLYN METRO
- Emergencies seen same day

Rosslyn Dental Center & Eye Street Dental Center

1800 N. Kent St. #100 | Arlington, VA 22209 | 703-807-0808
1712 Eye St. #812 | Washington, DC 20006 - Next to Faragut West Metro Station | 202-223-3536

GEORGETOWN UNIVERSITY

CENTER FOR CONTINUING & PROFESSIONAL EDUCATION

Build your IT skills

at our Arlington site on the Metro Line

**Certified Information System
Security Professional (CISSP)**

Starts May 6

Multi Certificate

(A+, Network+, MCP, CCNA, Security+)

Starts June 4

Zend PHP Certification Prep

Starts June 14

Oracle 10g Database Administration

Starts July 1

MCSE

Starts August 11

Web Design

Starts August 16

Advanced Web Development

Starts September 6

Enroll Today.

Visit <http://ccpe.georgetown.edu/it>
or call **202-687-4504**.

Outstanding Distributor
Sharon Ammons

"Sharon is reliable, conscientious and polite and she makes certain not to overlook a single metro rider who would like a paper. Her personality, attitude and work ethic are admirable and inspiring. It is obvious that Sharon's potential is far reaching! Thank you Sharon!"

— Courthouse Metro Rider



express

A publication of the Washington Post



To recognize an outstanding distributor, please email circulation@readexpress.com. Please include your name, city and metro station.

Entertainment

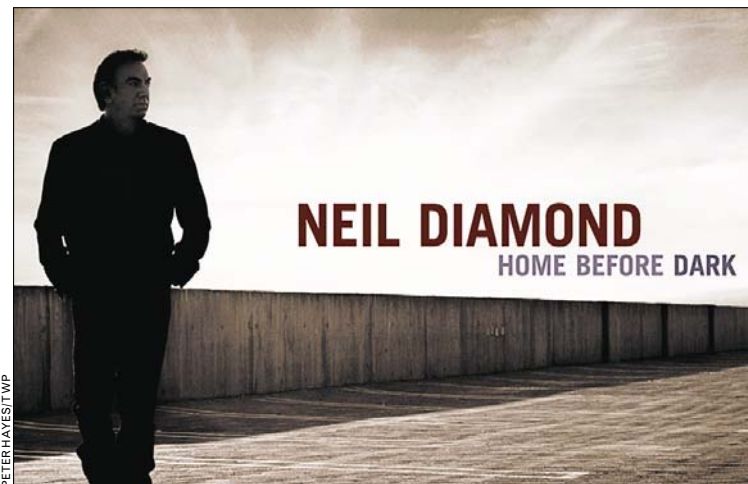
Gem of a Team

Neil Diamond again pairs with '12 Songs' producer on new disc

OLD TIMERS | Neil Diamond doesn't mess with success. That's why he "never doubted" he'd work again with producer Rick Rubin, who steered their 2005 collaboration, "12 Songs," to a No. 4 debut on the Billboard 200, Diamond's best since "The Jazz Singer" in 1982. The album has sold 571,000 copies in the United States, according to Nielsen SoundScan.

Indeed, Diamond, 67, says he and Rubin began working on "Home Before Dark," due May 6 via Columbia, "within weeks after '12 Songs' was finished. All of those questions you have when you work with somebody new were yesterday's news. We knew what we wanted to do."

So, after "14 or 15 months" of writing, Diamond hit the studio with Rubin and an improvisationally leaning band featuring guitarists Mike Campbell, Matt Sweeney and Smokey Hormel, and keyboardist Benmont Tench. Dixie Chicks vocalist Natalie Maines chipped in on "Another Day (That Time Forgot)," Diamond's first



Neil Diamond's new album features his first major duet with a female since 1978.

major duet with a female voice since "You Don't Bring Me Flowers" with Barbra Streisand in 1978.

As with "12 Songs," the material on "Home Before Dark" is drumless, with Diamond's still-commanding voice front and center and his rhythm guitar, which he went three decades without playing in the studio, guiding the way for the other instrumentalists. On "Whose Hands Are These" and the title track, Diamond hammered out the final arrangements (with Tench and Sweeney, respectively) after the regular session was over

for the day.

"Working with these guys, and having Rick's ear, made it a great deal of fun," Diamond says. "Of course, I had to have the enthusiasm of the band, and their consent, in a way. When I played them a new song, I wanted them to love it and feel where they belonged in it. I was lucky enough to receive that on all of these songs. They'd be playing along and looking for their places even before I'd finish the first run-through. It was magic, in a way."

JONATHAN COHEN (BILLBOARD)

Costello Is Back in the Building

ELVIS LIVES | Ever since the brilliant sprint of Elvis Costello's first four or five albums, fans have been pining for the proverbial return to form.

Over the years, there have been plenty of contenders — 2002's "When I Was Cruel" and 2004's "Delivery Man" are the most recent — but Costello tends to lose himself in ambitious genre exercises, attempting, with mixed results, to



Costello cut "Momofuku" in a week.

master everything from country to classical.

"Momofuku," named either for the inventor of instant noodles or for a hip New York eatery, was cut in a week by Costello, the Imposters (his classic Attractions lineup, less

bassist Bruce Thomas) and a cast of young ringers, including Jenny Lewis and Jonathan Rice.

The album is available only as a digital download or two-LP set (a CD version is due out later this month), and the vinyl format befits its loose, organic feel. Costello is as tuneful as ever, and whether he's revisiting his rock past ("No Hiding Place") or playing the leader of a dark lounge band ("Harry Worth"), he's relaxed and in his element.

The new songs aren't exactly rock, pop, alt-country or neo-new wave, although they contain elements of those and other styles. Even if it's not as essential as his late-'70s masterpieces, "Momofuku" is unmistakably an Elvis Costello record. **KENNETH PARTRIDGE** (THE HARTFORD COURANT)



AND TO THINK THEY CANCELED IT ONCE: "Family Guy" writer Seth MacFarlane will be the highest paid writer in television upon signing a new contract with 20th Century Fox TV. MacFarlane will be working at least through 2012.

Television

ON TV TONIGHT

SUSPENSE

The top four compete on **AMERICAN IDOL** (8 p.m., Fox).

SUSTAINABLE CHIC

BIG IDEA FOR A SMALL PLANET (9 p.m., Sundance) looks at environmentally conscious trends in the fashion business.

CRABBY SAILORS

Short tempers and live wires on **DEADLIEST CATCH** (9 p.m., Discovery).

CAFFEINE MADE ME DO IT

A coffee tycoon falls under suspicion on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

GREEK TRAGEDY

Murder on frat-house row on **WOMEN'S MURDER CLUB** (10 p.m., ABC).

PUNK'D

Ashton Kutcher, Mac King and Steve



DETECTIVE WORK: Mariska Hargitay saves the day on "Law and Order:

Winwood appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).

LET'S GO BOWLING

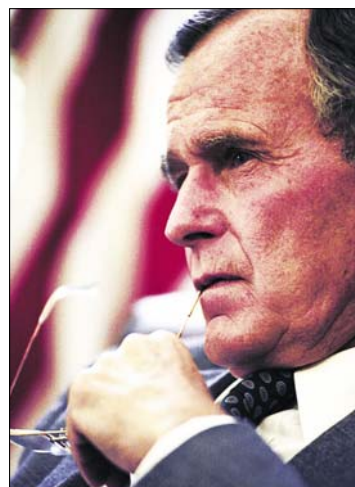
Craig Ferguson hosts John Goodman on **THE LATE, LATE SHOW** (12:37 a.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

A Past President

New Bush biography smooths over the father-son strife

PRESIDENT | The “American Experience” (9 p.m., PBS) profile of President George H.W. Bush concludes with a look at the first Gulf War, the end of the Cold War and the last years of his presidency, when he battled a bad economy while beset by criticism from Democrats and from Pat Buchanan and the conservative wing of his own party.

We're told that Bush lived the life that Reagan could only pretend to live. Bush was a real war



JOHN ADAMS II: George H.W. Bush sits and contemplates the universe.

hero and a genuine family man, while Reagan phoned in the Hollywood version. In tonight's summary, a historian friendly with the 41st president argues that without Bush's deft handling of the collapse of communism and his unpopular tax-raising approach to deficit control, Reagan's aftermath would have been a much messier affair.

The profile also makes much of Bush's troubled relationship with the Republican right. But Bush's relationship with the current president goes strangely unexamined.

That relationship could make for a real potboiler. It's no secret that W repudiated his father when he talked of being in the Reagan tradition and claiming allegiance to a "higher" father. KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

5:30:08	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC	News (N)		NBC Nightly News	Access Hollywood	Outrageous	Saturday Night Live		Law & Order: Special Victims Unit (N)	News (N)		Tonight Show	
	WTTG	News (N)	TMZ (N)	The Simpsons	Seinfeld	American Idol (S Live)		(02) Hell's Kitchen (N)	News (N)			TMZ	
	WJLA	News (N)	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars (S Live)		(02) Women's Murder Club (N)	News (N)			(35) Nightline (N)	
	WUSA	News (N)	Evening News	News	Entertainment	NCIS "Recoil" (N)	Shark "Leaving Las Vegas" (N)	CSI: Miami "Dangerous Son"	News (N)			Late Show	
	WDCA	Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	Street Patrol (N)	Street Patrol	Jail (N)	Every-Raymond	King of the Hill	Law & Order: Criminal Intent		
	WMPT	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "First Flower" (DVS)	American Experience "George H.W. Bush" (N)		Transformation Age			Life (Part 2)	
	WETA	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "First Flower" (DVS)	American Experience "George H.W. Bush" (N)		Attack! Africa's Man-Eaters: Crocs		Charlie Rose (N)	Charlie Rose (N)	
WHUT	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! (DVS)	Open Road: America		BBC World News	Tavis Smiley	Charlie Rose (N)			
WDCW	My Wife and Kids	Family Guy	Two/Half Men	Two/Half Men	Beauty and the Geek (N)	Reaper "Greg, Schmeg" (N)		Friends	Friends	Family Guy		Sex and the City	
BASIC CABLE	A&E	Cold Case Files		CSI: Miami "Free Fall"		The First 48	The First 48		Gene Simmons	Gene Simmons	Gene Simmons Family Jewels		
	Animal	The Crocodile Hunter		Natural World "Tiger Kill"		Raw Nature (N)	Seven Deadly Strikes		Animal Cops San Francisco		Raw Nature		
	BET	106 & Park: BET's Top 10 Live		College Hill		"Like Mike 2: Streetball" (2006) Jascha Washington, Michael Beach	Work Out "In the Mud"		College Hill	Iron Ring	Black Poker Stars	A Different World	
	Bravo	Top Chef "Common Threads"		Work Out		Work Out "Sky-Lab 2.0"	Work Out "Hit the Wall" (N)		Work Out "Hit the Wall" (N)		Work Out "Hit the Wall"		
	Comedy	(430) Delirious	Reno 911!	Scrubs	Scrubs	Daily Show	Colbert Report	Futurama	South Park	George Lopez: America's Mexican	Daily Show	Colbert Report	
	Court	World's Wildest Police Videos		Cops	Cops	Cops	Cops	World's Wildest	American Jail	American Jail	Forensic Files	Forensic Files	
	Discovery	Cash Cab	Cash Cab	How It's Made	How It's Made	Deadliest Catch	Deadliest Catch "No Mercy" (N)	The Alaska Experiment (N)			Deadliest Catch "No Mercy"		
	DISCH	Code Blue "Out of the Darkness"		Trauma: Life in the ER		House of Twins	Twins in Peril: Twin to Twin	Deliver Me A diabetic patient.			House of Twins		
	Disney	Life With Derek	Life With Derek	Hannah Montana	Zack & Cody	THS Investigates: Prom Nightmares	That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana		
	E!	Ty Pennington	Chelsea Lately	E! News (N)	The Daily 10 (N)		Kardashians	Kardashians	Kardashians	E! News	Chelsea Lately (N)		
	FX	(5:30) *** "Elektra" (2005, Action) Jennifer Garner, Terence Stamp.				*** "Batman Begins" (2005) Christian Bale, Michael Caine. Bruce Wayne becomes Gotham City's Dark Knight.				*** "Batman Begins" (2005)			
	HGTV	Open House	Hidden Potential	House Worth?	House Hunters	Designed to Sell	My Kitchen	Secrets That Sell	Open House	House Hunters	House Hunters	House Worth?	Hidden Potential
	Family	8 Simple Rules	8 Simple Rules	Grounded for Life	Grounded for Life	America's Funniest Home Videos	America's Funniest Home Videos	America's Funniest Home Videos					
	History	Mega Disasters: Mega Freeze		Modern Marvels: Farming Technology		Mega Disasters "Comet Catastrophe"	Mega Disasters "Hypercane"	Ax Men "A Logger's Thanksgiving"			Marvels: Pacific Coast Highway		
	Lifetime	Reba	Reba	Still Standing	Still Standing	Reba	Reba	*** "Guilt by Association" (2002) Mercedes Ruehl, James Bullard			Will & Grace	Will & Grace	
	MTV	Next	Next (N)	The Hills	The Paper	A Shot at Love With Tila Tequila	A Shot at Love With Tila Tequila	A Shot at Love With Tila Tequila (N)			Shot at Love	Tila Tequila	
NICK	SpongeBob	SpongeBob	Drake & Josh	Zoey 101	SpongeBob	Drake & Josh	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince	
SCI FI	Stargate SG-1 "Redemption"		Stargate Atlantis "Doppelganger"		Stargate Atlantis "Travelers"	Stargate Atlantis "Tabula Rasa"	ECW 100th episode special. (Live)			* "Bride of Chucky" (1998, Horror)			
SPKI	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	DEA			CSI: NY "Night, Mother"			
TBS	Friends	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy	Family Guy	Family Guy	The Office	The Office	Sex and the City	Sex and the City		
TLC	What Not to Wear "Beth"		The New Detectives "Stolen Youth"		Dateline: Real Life Mysteries	Dateline: Real Life Mysteries (N)	Dateline: Real Life Mysteries			Dateline: Real Life Mysteries			
TNT	Law & Order "AfterShock"		Law & Order "Return" (DVS)		NBA Basketball Conference Semifinal -- Teams TBA. (Live)					NBA Basketball Conference Semifinal -- Teams TBA.			
USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent		Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	NCIS "Heart Break"		Monk Monk must find a killer.			
VHI	Miss Rap Supreme Acting pointers.		The Flavor of Love Cannes.		40 Hottest Hotties of the '90s			Celebracadabra		(05) Viva Hollywood Crying.			
SPAN	TELEM	Los Plateados	Noti-Telemndo	12 Corazones		La Traicion	Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas	
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Al Diablo con Los Guapos	Fuego en la Sangre		Aquí y Ahora		Primer Impacto	Noticiero Univ.	
SPORTS	ESPN	SportsCenter (Live)		E:60 (N)		2007 World Series of Poker	2007 World Series of Poker		Baseball Tonight (Live)		SportsCenter (Live)		
	ESPN2	NASCAR Now	Rome-Burning	Softball U.S. National Team vs. Virginia Tech. From Oklahoma City. (Taped)			Bud Greenspan: At the Heart of the Games (N)				E:60 (N)		
	CSN	SportsNite	SportsNite	College Baseball LSU at Kentucky. (Taped)					SportsNite	SportsNite	Washington Post Live		
NEWS	CNN	(4:00) The Situation Room		America Votes 2008 Presidential candidates. (Live)									
	FNC	Special Report		The Fox Report With Shepard Smith		America's Election HQ "Indiana and North Carolina Primaries" Coverage of primaries in Indiana and North Carolina.					The O'Reilly Factor		
	MSNBC	Primary Coverage Indiana and North Carolina primaries.											
MOVIES	AMC	*** "Death Wish" (1974, Crime Drama) Charles Bronson, Hope Lange. 'R'				*** "The Great Escape" (1963, War) Steve McQueen. Allied POWs stage a daring escape from a Nazi prison camp. 'NR'						Guns-Navarone	
	TCM	Frontier Hellcat	** "The Little Hut" (1957) Ava Gardner. 'NR'			*** "Tarzan, the Ape Man" (1932) 'NR' (DVS)	(:45) *** "The Naked Prey" (1966, Adventure) Cornel Wilde. 'NR'					The Purple Plain	
	HBO	(:15) *** "My Super Ex-Girlfriend" (2006) Uma Thurman. PG-13				** "Fantastic Four: Rise of the Silver Surfer" (2007)	*** "Dreamgirls" (2006, Musical) Jamie Foxx. PG-13					(:45) Braveheart	
	MAX	(:15) *** "The Hitcher" (2007) Sean Bean. 'R'		(:45) *** "Girl, Interrupted" (1999, Drama) Winona Ryder, Angelina Jolie. 'R'			*** "Crocodile Dundee" (1986) Paul Hogan. PG-13					Best Sex Ev. 6	
	SHOW	* Material Girls	** "Nacho Libre" (2006) Jack Black. ITV. PG		(:15) *** "Two Weeks" (2006, Comedy-Drama) Sally Field. ITV Premiere. 'R'		The Tudors (ITV)	This Am. Life			* The Fan (1996)		
	TMC	Love Comes	** "Return to Paradise" (1998, Drama) Vince Vaughn. 'R'		(:25) "Hollow Man 2" (2006) Christian Slater. 'R'		* "Caffeine" (2006) Mena Suvari. Premiere. 'R'				Rx (2005) 'R'		
	STARZ!	(5:20) *** "Gray Matters" (2006)	(:05) *** "The Illusionist" (2006, Mystery) Edward Norton. PG-13			*** "Meet the Robinsons" (2007) G		(:40) *** "Shanghai Noon" (2000) Jackie Chan.					
ENCORE	(:15) *** "Uncle Buck" (1989, Comedy) John Candy. PG		** "Cutthroat Island" (1995, Adventure) Geena Davis. PG-13		(:05) *** "Dead Presidents" (1995, Drama) Larenz Tate. 'R'								



Morning Stiffness & Fatigue?

Is your Rheumatoid Arthritis getting the best of you?

The Arthritis & Osteoporosis Center of Maryland in Frederick needs volunteers for a 16 week research study of an investigational drug for subjects with Rheumatoid Arthritis receiving Methotrexate.

- Are you between the ages of 21 and 70?
- Have you been diagnosed with Rheumatoid Arthritis?
- Have you been taking Methotrexate for the past 16 weeks?

If so, you may qualify for this Study. Eligible Candidates will Receive:

- Study Drug
- Study Related Exams
- Physician Visits
- Lab Tests – At No Cost
- Compensation will be provided for participation and travel

For more information on this study, please call the RESEARCH DEPARTMENT at **1-888-71-STUDY (78839)** or **301-624-1164**

Waking up unrefreshed day after day?



All photos are for illustrative purposes only.

For more information or to find out if you are eligible for the study, please contact:

The Center for Sleep & Wake Disorders

301-654-5665

research@sleepdoc.com

Sleep is vital for us to function effectively. Yet there are many people who, day after day, wake up feeling unrefreshed or unrestored. This non-restorative sleep condition, or NRS, leaves you tired – impairing your thinking and your ability to perform at your best.

- Are you male or female aged 18-64?
- Have you been waking up unrefreshed and unrestored at least three times a week for the past three months despite getting to sleep and staying asleep normally?
- Do you feel your lack of restorative sleep impairs your daily performance and activities?

If you answered 'yes' to the above questions, you may be eligible to participate in a ten-week research study of an investigational medicine for non-restorative sleep. If you qualify, you will receive study-related evaluations and investigational medicine at no cost, plus compensation for time and travel.

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:
TOLL FREE: (888) 926-9211
EMAIL: donorinfo@lonza.com

Lonza

AD BONE MARROW 03/07

ADVERTISE

Express Health
Every Tuesday

Call Celeste Costanza
202-334-7009

costanzac@washpost.com
(Deadline every Wed., 4 PM)



readexpress.com

X571 1x2

FREE ENDOSCOPIES

You may be eligible to participate if you have a history of **acid reflux** and **heartburn**.

Seeking Male and Female
Volunteers ages 18-75
for a Clinical Trial.

If you qualify you will receive free study-related medical exams and laboratory testing.

To find out if you qualify,
call 1-703-698-9254 x20
Metropolitan Research

readexpress.com

X571 1x1

readexpress.com

X571 1x1



WeekendPass makes the weekend pulse.

Every Thursday in Express.



express

A publication of The Washington Post



**If diabetic
nerve pain is
hurting you
here**



**Get in here
and join
our research
study.**

You may be able to be in a clinical research study if you have diabetes causing pain in your arms, hands, legs, or your feet. The purpose of this study is to figure out the best amount of study medicine for doctors to use in helping diabetes-related pain, also called diabetes-related neuropathic pain.

You may be able to be in this study if you:

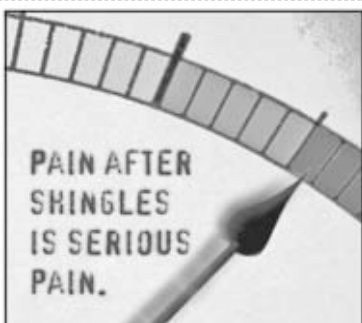
- Are at least 18 years old
- Have been diagnosed with Type 1 or Type 2 diabetes
- Have had diabetes-related pain in the arms, legs, hands, or feet for the last 6 months

If you take part in the study, you can expect 10 visits to the clinic. Your time in the study will last about 5 months. There is no cost to you for all study-related office visits, medical exams, and study medicine.

Call today about this Diabetes-Related Pain Study:

Capital Clinical Research Associates
301-770-7375

Or visit us at www.DPNstudy.com



**Join our clinical
research study and help us
find serious treatments.**

You may be able to be in a clinical research study if you suffer from the pain experienced after having shingles, also known as post-herpetic neuralgia (PHN). The purpose of this study is to see if an investigational pain drug works safely to reduce PHN pain.

You may be able to be in this study if you:

- Are at least 18 years old
- Have had a diagnosis of PHN and associated pain for at least 3 months
- Are able to stop taking other treatments for PHN while in the study

The staff at the clinic will go over other requirements with you. If you choose to take part in the study, you can expect 10 study visits. Your time in the study will last about 5 months. There is no cost to you for all study-related office visits, medical exams, and study medicine.

Call today about this PHN Study:

Capital Clinical Research Associates
301-770-7375

**“Read the paper.
Take the quiz.
Rack up
the points.”**



Appreciated

Your customers, residents and visitors will appreciate finding Express at your location.

- Retail • Food service •
- Office • Residential •

Call Charles Love
to find out how you can offer
Express free of charge.

202-334-6992

express

A publication of The Washington Post



**There are lots of ways to earn PostPoints. Go to
page 5 of The Washington Post newspaper Metro
section for the daily “Find-it-Now” quiz and
then answer the question at
washingtonpost.com/postpoints.
It's as easy as that.**

PostPoints
The Washington Post
If you don't get it, you don't get it.

**Don't be
trashy.**

Littering is such a waste.

And it makes you seem trashy.

Keep our city beautiful.

**Recycle your
newspaper.**

A friendly reminder from Express.



express

express marketplace

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

Reach over 280,000 readers daily

To place a classified, call
202-334-6200

To advertise a job, call
202-334-4100

Credit cards accepted



JOBS

Activism

Save the Bay! Chesapeake Bay Foundation seeks motivated individuals to join its team of activists. Work on campaigns to protect the environment and make a difference in the community. M-F 1:30-10pm. sramsay@cleanwater.org 202-895-0420 x113

ACTIVISM

SUMMER JOBS WITH Environment America \$9-14/hr

Fight Global Warming!
Work with Great People
Make a Difference

Work with Environment America on a campaign for clean energy and a green economy.

Career Opportunities and benefits available.

Capitol Hill, DC
Call Sandy at 202-546-3965
www.jobsfortheenvironment.org

Activism

Work for Change in '08

Be part of this year's historic movement to build power for working families. Working America, AFL-CIO, seeks concerned citizens to educate and empower the public on the issues that matter: good jobs, health care for all. Leadership opportunities available. Strong work ethic and passion for social justice a must. M-F 1:30-10pm. \$400-550/week PLUS BENEFITS. EOE. Located in Fairfax, VA. Call

Matt 703-323-1370.

Admin.

Office Assistant

Bethesda law firm has an opening for an entry-level office assistant. Responsibilities include general clerical duties and out of office errands. Must have own transportation. Please fax resume and cover letter in confidence to 301-634-1352.

Admin

Sr. Administrative Asst - Ft Belvoir, Va
TS clearance and 5 yrs of admin asst experience required. Strong Excel/ Word skills, database knowledge, etc. Competitive Salary & benefits. Resume kenmar@kenmargroup.com

Advertising

Art Director

An exciting opportunity available for an agency experienced Art Director to oversee design and production of several large real estate accounts as well as other creative accounts, and develop agency online capabilities. Photoshop, Illustrator, Indesign, Quark, Dreamweaver and Flash required in a solid portfolio. We offer great benefits package and free parking. Please email resume, portfolio and salary requirements to acaparso@wwafsp.com

ARTS

KENNEDY CENTER

If you LOVE Ballet, Theater, Dance or Classical Music, and have sales ability join DC's best sale team and call from The Kennedy Center. Flexible Part Time hours: days, eve's and/or wknd's. For more information Please call 202-416-8492

JOBS

AUTOMOTIVE SALES

First year potential of 50K+-. Paid training, family atmosphere, great product, new facility. 401K, medical, dental, life, paid sick leave & vacation. No experience necessary. Please call Sean or Johnny at Brown's Fairfax Nissan 703-591-8009

Barbers

Need a Change? We're hiring experienced staff. DC location. Call: 202-397-4636

Beauty Salon hiring Licensed Barbers, Hair Stylist, Braiders and Nail Techs. Call Steve at 202-497-0311

BOOK KEEPER

Seeking individual with a minimum of 15 hours of college level accounting courses for position as book keeper in a multi employer pension fund near metro. Duties will include A/P, JEs, Bank recs, accounts schedule, and other necessary duties which require a higher level of book keeping and or accounting knowledge. Minimum of 1 year of book keeping experience required. Starting salary is \$42,242 increased to \$44,408 after probationary period. Excellent benefits and great working environment. Fax resume to 202-463-8098

CAREGIVER: Care for 17 yr old handicapped girl. Sat/ Sun 5 hrs/day flex. & Mon-Fri 2 hrs/day 6am-8am. \$12/hr Call 703-922-7746

COMPUTER

Implmnt, config & custmz sftwr. Analyze custmr needs, install & configure backend dbs & create solutions to meet custmr reqs. Utilize bus intel tools to enable workflow & bus proc. Write custom data harmonization & data visualization mods. Sched, monitor & perform tuning on multi-terabyte SQL server & Oracle dbs. Work w/cstmr to define bus reqs & config EDI, AS/2 & FTP data transfer mechs. Implement sftwr improvmts using Perl, Java, VisualBasic, Oracle PL/SQL & MS Transact-SQL. Create custom interfaces btwn cstmr ERP sys & Vision Chain. Travel up to 50% of time. Req M.S. in Comp Sci or Sys Eng. Fax res & CV to HR at 202-775-5187. Must ref job code ITC.

Covenant Homeland Security Solutions

Licensed Armed DC Special Police Officer Job Fair

JOB FAIR LOCATION: The LIAISON HOTEL/CAPITOL HILL (Formerly the Holiday Inn on Capitol Hill)
ADDRESS: 415 New Jersey Ave NW, Washington DC 20001. (202) 638-1616

DATE(s) & Time:

Tuesday, May 6 4:00pm to 9:00pm Saturday, May 10 10:00am to 2:00pm

Part-Time Special Police Officers opportunities in the Washington, DC area (Must have a valid Armed DC Guard License) **Come join our team!**

Essential Functions:

Provide armed security services for construction site, patrol areas inside and outside the facility in accordance with site rules and regulations. Other duties as assigned.

Requirements:

Must be US Citizen, 2 years of security experience preferred. 21 years of age with a high school diploma or equivalency and must possess a valid DC armed guard license (spo). Proficient in the use and safe handling of a weapon.

You may fax resumes to 703-273-2272 or email cynthia.lunningham@covenantsecurity.com

Covenant is an equal opportunity employer e/o/e f/i/d/v

JOBS

CONSTRUCTION

EARN TOP \$\$\$

CRANE OPERATOR

NCCCO certified, run up 100 ton crane, certified for Lattice & Hydraulic boom, 5 yrs experience. Drug free, non-union company. Call 246/7 301-774-1691 or email: jdipi91885@aol.com

COURIER - ON SITE

PT work, FT pay, eve hrs, contract pay range. \$700-\$1300 paid bi monthly. Bckgrd chck. No felonies. Pick Up Truck req Call 1-877-574-2587 ext 2034

Customer Service

SERVICE REPRESENTATIVE

We seek individual to work for our company as Service Representative and must be computer literate. You will earn \$3,000, monthly. Email me at: johnsmith1304@yahoo.com for more info.

Customer Service/Sales

For large company. Great pay plan, benefits, training, \$40k+ & \$2k signing bonus. Call 301-299-7612

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. Leave info: 240-286-3660 or 301-568-8500

DRIVER

\$150-\$300/wkend. Must have own van or PU truck. No SUVs. Wash/Balto. areas. Call 703-898-2192

DRIVER/ATTENDANTS

Mr. Wash Carwash now hiring FT/PT position for Drivers & Attendants. Drivers must have valid license with good driving record and be able to drive a standard shift. Would sometimes have to vacuum & wipe down cars. Attendants: no experience necessary. Good pay, tips & bonuses. Apply at: 1311 13th St, NW Washington, DC 3407 Mt Vernon Ave, Alexandria, VA 101 North Glebe Rd, Arlington, VA 540 Maple Ave, West, Vienna, VA or call 703-243-7735

DRIVER/CHAFFEUR

For limo svc. CDL/P Must know Metro area \$15 p/hr Call 703-550-7200

Driver/Delivery

Distributor of construction products seeks delivery driver for its Chantilly, VA location. Benefits after 3 mos. Please apply in person w/driving rec. at 14703-B Willard Rd, Chantilly, VA.

Drivers

Publishers Circulation Fulfillment Inc.

is seeking Independent Contractors to deliver newspapers and other publications Early mornings 3:30 am-6:00 am- \$160- \$300/wk Washington DC, Silver Spring, PG County & surrounding areas. Reliable car required Call Now 1-800-515-8000

JOBS

Executive Assistant

Finance consulting firm seeks experienced and highly professional exec asst to work with Pres. and Sr. mgmt. Person must be confident and capable of interacting with high level execs from around the world and can operate effectively in a demanding work environment. Requirements: careful attention to details, articulate communicator, highly organized, and strong work ethic. Must have min 3-5 yrs relevant experience and strong MS Office skills. Degree preferred. Bilingual (eng/span) a plus.

Position will offer competitive salary and benefits package based on experience. Office in Arlington (Ballston area), one block to Metro. Fax resume & cover letter to: 703.294.6790.

FILE CLERK

BUSY MEDICAL PRACTICE NEEDS PART-TIME FILE CLERK FOR 2 SEPARATE OFFICES (SAME SUITE). DOWNTOWN DC. M-F 40-HRS WEEK. WILL TRAIN. FAX RESUME - 202-296-8948

Food Service

Full-time kitchen aide for dining room serving the homeless. Must have high school diploma/GED. Exp in all areas of food service. Food handler's license a plus. Send resume to jobs@some.org; subject: Kitchen Aide.

HAIRSTYLISTS

FT Hairstylists needed for busy salon. License required. Up to 70% commission. Call Mega Hair 2000, 301-735-0002

Hair Stylist / Nail Technician needed licensed required. Call Salon on the Pike 202-441-1448

Hotel



Washington DC/Silver Spring
8727 Colesville Road
No Phone Calls Please
Now Hiring:
Room Attendants
Servers
Front Desk Agents
EOE/M/F/D/V

Lab. Tech-Histology

FT 3-11pm, recent BS/Biology for a Path. Lab in Sterling VA. Fax resume to MAPS at: 703-404-1131.

LEGAL ASSISTANT

Silver Spring. Highly-rated criminal defense lawyer seeks top-notch highly experienced litigation assistant. Fax: 301-495-8815 markskatz.com/jobs.htm

Lifeguards/Pool Operators.

Training available. Top pay. Must be able to swim. MD - 301-210-4200 ext. 107 VA - 703-996-8191

Marketing

Marketing Manager

Beltsville MD - Leading early childhood education book publisher seeks a full-time marketing manager. Excellent organization and communication skills required. Responsibilities include scheduling and budgeting for marketing projects, copy writing, maintaining deadlines, and communicating with publishers and advertising media. Bachelor's degree required. Full benefits, salary \$40-45K, based on skills and experience. Fax resume to 301-902-1084, email cathy@ghbooks.com. EOE/MF

JOBS

Maintenance Tech 2 or Tech 3

needed. Exc. ben. Exp w/ apartment building repairs, HVAC, electric. General maintenance and grounds work. Resume to: jobs@some.org; Subject: Tech 3

Management



SiloSmashers

SiloSmashers, a management and technology consulting firm, seeks **DHS cleared individuals (within 1 year)** to join our team with experience and expertise in one or more of the following: Project Management, Change Management, IT Security, Acquisitions, Contracts, Business & Program Analysts, Marketing & Communications and Administration. Federal and Consulting experience a plus. Submit resume to

<http://silosmashers.net-apply.com/13198>

No calls please. SiloSmashers offers an excellent compensation and benefits plan. EOE www.silosmashers.com

Movie Extra's

earn up to \$150 per day. People needed to work in tv and film production. Experience not required. Under 18 parents required. Call 888-697-6577

Ophth Tech/ Bio Majors: Looking for Energetic, skilled techs or bio majors for a multi-office Retina pract. w/ locations in MD. Training offered. Fax resume to 301-951-4962

PAINTER—needed for residential work. Northern Virginia area. Background check required. Call : 703-915-2022!

PAINTERS—Exper'd. Valid driver's lice & transp. Loudoun Co. area. Call 703-674-6715

PARKING LOT ATTENDANT

M-F 7a-3pm. Call after 11am 301-894-3535

Project Manager supervises business aspects of construction project; overseeing contract activities on jobsite, communicating w/ owner & architect, submittals, procurement, budgeting, scheduling. FT position at Clark Foundations in Bethesda, MD reqs at min a BA in Engineering or Construction & 5 yrs exp as Proj. Mgr or in construction mgmt. Send resume to: Clark Construction Human Resources, 7500 Old Georgetown Rd, Bethesda, MD 20814. Please reference job #410

Restaurant

Deli/Restaurant

Hiring full time employees for Deli, Salad Bar, Coffee Bar, and for deliveries. Apply in person Mon to Fri, between 2pm and 4pm. Devon and Blakely, 1331 F Street NW, Wash, DC.

RESTAURANT—California Tortilla in DC needs Cashier/Closing Asst. Cust. service-oriented, computer literate. Call Lisa 202-638-2233. M-F after 2pm

Restaurant

CHEF

For NW restaurant. Monday thru Friday only 6AM to 4:30PM, two weeks vacation & all holidays. Proven eclectic background req-ured. Email full resume to: Arthur.Carlson@verizon.net

SALES - NEW CHRISTIAN COMPANY LOOKING FOR SALES REPS

MySalvationSite.org needs straight commission Sales Reps. Make 50% payout w/residual income. 21st century online witnessing tool. Contact: David Wright at 301-452-9007

Classifieds

JOBS

SALES

**POHANKA HYUNDAI,
MARLOW HTS, MD.**

Pohanka Hyundai is seeking the right full-time, ASE certified technician. This technician will be responsible for the servicing, diagnosis and repair of our customer's vehicles. Candidates must be CSI oriented, and take pride in their work and performance. Full benefits package, competitive compensation plan. Call (301) 899-0438 immediately to arrange an appointment.

Sales

OUTSIDE SALES

The Washington Post has an opening for an Outside Sales Representative with a solid track record of sales achievements. If you have at least three years of solid sales experience, preferably in the retail-advertising field, The Washington Post Advertising Department would like to hear from you.

We seek confidence, professionalism and the ability to establish rapport with existing and new accounts. Drive initiative, exceptional communication and presentation skills must be part of your package. As part of this dynamic sales team, you will manage and develop accounts within the major retail accounts segment of our business, seek out new business opportunities within this industry, and design effective business strategies for our valuable advertisers.

We provide an exciting place to work with excellent compensation and benefits. To explore this opportunity to work with a professional team of advertising sales representatives, please direct your cover letter and resume to:

The Washington Post

Attn: HR/TG
1150 15th Street, NW
Washington, DC 20071
Email: talentsearch@washpost.com
We are committed to diversity in the workplace and promote a drug-free environment

SALES

**LAND SALES
Long Term Career
GOOD BENEFITS -
Best Pay in the Field!**

Land sales opportunity for professional & serious career minded individuals. Must be able to work weekends. Very team oriented company offering good benefits & best pay in the field. First year opp'ty \$100K to \$150K; top producers have no limit on their incomes. Medical ins., life ins., 401K, paid training, leads provided, Real estate lic. a plus. Email your resume to best.resumes@yahoo.com

**Sales Consultants
COUNTY LINE MOTORS
of LAUREL**

Sales positions available for immediate hire. We carry vehicles ranging from \$10k - \$100k. Bilingual is a plus. Apply in person or call (301) 498-9222. Income potential of 90K+. CLOSED SUNDAYS.

Sales Rep/Part-Time

Do You Love Pets?
Are You Outgoing and Dependable?
Would you like to earn extra MONEY?

Receive paid training as a
Pet Nutrition Specialist

Work daytime hours on
weekend days.

Represent a healthy,
nutritious food for pets.

Be provided with all needed materials at no cost
to you.

Starting pay is
\$14.00 per hour.

If interested contact:
Lilia Garza at:

lgarza@nutroproducts.com

or call
1-866-231-4542 ext. 108

Please leave your name, address, phone
number and zip code

SECURITY

Whelan SFI is currently hiring **Security Officers** in the VA area. We have various shifts available. A VA Unarmed Security License is preferred. Qualified individuals must possess at least one year of security experience, customer service oriented, good writing skills, and be a team player. Must be able to work any assigned shift including weekends. Candidates must pass a criminal background check, drug test, and have a High School diploma or GED. We offer paid vacation, free uniforms, health, dental, and vision benefits. Please apply online at www.sfi.appone.com. Previous applicants need not apply. We are an Equal Opportunity Employer.

TEACHER'S AIDE
Daycare center, PT.
301-735-5700

TEACHERS, ASST TEACHERS & AIDES: Please
Call 240-535-6837 or 202-256-2678

TRAVEL AGENTS Immediately Required
Min 2 yrs Exp Travel Agents Bilingual Chinese/Filipino/ Korean DC/MD/VA location. Exc. salary+ Incentive & Benefits. Fax resume: 888-800-1202 or email: jobs@wwt-usa.com

CAREER TRAINING

A Bar Career

in 1-2 Weeks

- Days, Evenings & Weekend Classes
 - Free Lifetime Job Placement Assistance
 - Approval by the State of MD
 - National Alcohol Awareness Certificate (T.I.P.S.)
- Call for nearest location 1-866-411-2MIX
www.authenticbartendingmd.com

**APRENDA
INGLES** *Sanz*
since 1939
Se Habla Español
1(877) 844-2505

**LEARN & EARN A COMPUTER
MEDICAL ASSISTANT
ADMIN ASST/BOOKKEEPING
TECHNICAL LEARNING
CENTERS**

Financial Aid
Available
Job Placement
Assistance
Flexible Schedule

ENROLL NOW!
202.223.3500

1001 Connecticut Ave, NW
Suite 435
Farragut North Metro
ACCET Accredited

JOBS

CAD

Train for a career in computer-aided design at **Westwood College**. Call 800-342-2249 today to receive your free Career Success Kit!
www.westwood.edu/locations

**Become a Medical Billing
and Coding Professional**

**CTI Career
Technical Institute**
888.639.5627

**L.P.N.
C.N.A.**
MLC (703) 527-0055
1840 Wilson Blvd., Arl., Va
Certified SCHEV • Approved VBON

**CONSTRUCTION
MANAGEMENT**

Train for a career in
Construction Management at
Westwood College
Call 877-789-7323 today to receive
free Career Success Kit!
www.westwood.edu/locations

CRIMINAL JUSTICE

Train for a career in Criminal Justice at
Westwood College. Call 888-605-2244
today to receive your free
Career Success Kit!
www.westwood.edu/locations

NEEDED:**People to train as
CARDIOVASCULAR
TECHNICIANS!**

Get training in this exciting career field and you
could help save lives!
CALL NOW
888-805-2333
Sanford-Brown Institute
8401 Corporate Dr. Ste 500
Landover, MD 20785

**Become a Certified
Computer Technician**

**CTI Career
Technical Institute**
888.639.6244

**Become a skilled
Massage Therapist
in just
7 months!****As an NMTI student, you'll enjoy:**

- A school dedicated to massage therapy
- Financial aid and job placement professionals on campus
- A choice of day, evening and weekend classes
- Job placement assistance



Call (888) 872-1417 to learn more today!
Campus conveniently located in Falls Church, VA.

Accredited by COMTA. Licensed by SCHEV to operate in the state of Virginia.

Spring Into a New Career in the IT Industry! Call Today.

"New Horizons helped me double my income and secure a position at a Tier One Customer Support Specialist AND a Security Clearance! All this year while I was 19 years old and still attending training."

-Chris-Lord H. -Support Specialist



**Microsoft
GOLD CERTIFIED
Partner**
New Horizons®
Computer Learning Centers

- Cyber Defender • MCSE • MCSA •
- CCNA • A+ • Network+ • Security+ •

New Horizons Computer Learning Centers
World's Largest Computer Training Company
2010 Corporate Ridge, Suite 200 • McLean, Virginia

Financial Aid
VA & GI Bill Approved
Job Placement Assistance
SCHEV Certified
www.newhorizons.com
(703) 749-4022

**Bilingual Sales
Professionals Needed
Outside & Classified**

"Both position provide high earnings
potential and excellent benefits"

- Needs to be organized
- Self motivated
- Energetic
- Team - oriented
- Excellent people skills



Please submit
resumé to:
**2200 Wilson Blvd. #201
Arlington, VA 22201**
Att: Business Office
Fax: 703.527.0369
Email: kris@eltiempolatino.com
***No phone calls, please.**

El Tiempo Latino

CAREER TRAINING

CAREER TRAINING

LEARN WHAT MEDIX SCHOOL SOUTH CAN DO FOR YOU!

Next to
New Carrollton
Metro Station

MEDIX
SCHOOL
SOUTH



Start training for success in any one of these great careers...

- * Expanded Function Dental Assistant
- * Biotechnician
- * Medical Billing & Coding
- * Medical Assistant

- Financial aid available to those who qualify
- Placement assistance to all graduates
- Day & evening classes available

Call today! 888.465.0199

4351 Garden City Drive, Landover, MD 20785

medixschool.edu

Prepare for a new life!

Make a difference, even with the little ones as an Diagnostic Medical Sonographer. Train in less time than you think! Career services available. Financial Aid for those who qualify. Training includes an externship!

For a Brochure, call now! 888-805-2333
Sanford-Brown Institute
8401 Corp Dr. #500 Landover, MD

TRAIN FOR A CAREER IN CRIMINAL JUSTICE AT EVEREST COLLEGE

No high school diploma or GED? We have options!

Tyson's Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Arlington Campus
801 N Quincy Street, Suite 500
Arlington, VA 22203

CALL: 888-249-8093
VA Schools are CTO SCHEV

TRAIN TO BECOME A MEDICAL ASSISTANT IN LESS TIME THAN YOU THINK

Three locations to choose from!

Everest College Arlington Campus
801 N Quincy Street, Suite 500
Arlington, VA 22203

Everest College Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Everest Institute Silver Spring Campus
8757 Georgia Avenue
Silver Spring, MD 20910

CALL: 888-259-5889
VA Schools are CTO SCHEV

Westwood College

Train for a new and exciting career at Westwood College. Call 877-852-9712 today to receive your free Career Success Kit!
www.westwood.edu/locations

Drivers & Helpers wanted

Nat'l moving Co now hiring. Lifting/loading nec. Clean DMV & background check req'd. Up to \$15/hr. Call 703-256-6403 - 240-318-0590

BUSINESS AND FINANCIAL OPPORTUNITIES

INVESTORS Wanted—Must have 620 + credit score. Ronald, 202-423-7391

STUFF

BLOWOUT SALE!

Carpet \$1.59 sq ft. Hardwood floor \$5.98 sq ft. Price includes installation. 301-341-2499.

CNC Router Table—Almost new Precix, 4' x 8', cost \$35,000, \$17,500, Annapolis, MD, 410-991-2540

Screen Printing Presses—Two flatbed with sm UV curing unit. 37" x 48", 20" x 27" \$1,000+(ea), Annapolis, MD, 410-991-2540

The Last Mattress Ad That You'll Ever Read! Irg selection, all szs in plastic, \$79-\$279/Basic, Serta & Simmons. Box spring included. Warr. DC/MD/VA Same Day Delivery avl. A.J. 301-674-2843 / 301-779-48ED
www.mattressforlessstore.com

PETS

ADOPT A CAT/KITTEN VET CHECKED
Call Feline Foundation.
703-920-8665 www.ffgw.org

RENTALS

AAFB AREA \$1790

RENT W/OPT

3BR 2.5BA Col. w/fpl. full bsmt. 2 car garage

100% of Monthly Rent Credit Towards Dwn Pymt & Closing
Agent owner. Call today. We have more properties.
301-888-9333

GMAC Real Estate
Real Estate Service Center
301-618-1655 ext 1644

Adams Morgan --- Eff + den and 1 BR, 15 min walk fr Woodley Park metro, W/D, A/C, Hrwd flrs, Util incl. \$1090-\$1350. 301-292-6905

Adelphi / U MD—\$1695, 4 br, 2 ba, 2700 Hughes Rd, Adelphi, MD, DW, Newly Ren, new carpet, WD, Fplc, eat-in kitchen, 202-744-3656

ALEX- 1BR/BA unit avail now (1702 W.Abingdon Dr #201). Full Kit, W/D, A/C, pool/spa, tennis, nr Old Town. \$1250/858-414-2902; email rmlcjc@aol.com

ALEX/LNDMRK MALL — 2 BR, 2 BA. Approx 1400 s.f. Lux condo. \$1700/mo incl utils. 202-787-3819

ANACOSTIA - \$1400. 2605 Bowen Rd SE, unfurn, 900 sf, 2Br, 1BA, water garbage, 12 mo, newly renov. new crpt, ac. Sec 8 welc. Call 202-321-5596

Annapolis—\$1,650, 2 br, 2 ba, 4408 Island Place, xtra parking space, gas, water incl. 703-944-4994

April Prorate Rent!

1/2 off May Rent
3 month's free water
Application fee only \$15.00*
If appl is submitted on 1st visit
1, 2 BEDROOMS FR \$745
Newly Renovated Apartments*

- Large Gourmet Kitchens
- Wall to Wall Carpet
- Parking included
- Metrobus at your front door
- Minutes from the New National Harbor & Stadium

1-877-644-5313

Hours: Mon-Fri 9-6PM; Sat 10-5PM; Sun 12-PM
We are a pet friendly community
* On Selected Units

ARLINGTON N. LYON VILLAGE APTS
Renov. 1 & 2 BR from \$1500
Walk to shopping, Metro, Cats only.
Ask about our specials. 703-465-9700

ARL/NAVY ANNEX—2-3BR 1BA SFH w/off street. prking & fncd yrd. W/D, \$1600+utils. Betty @ 703-751-4091 or Kin 703-548-3145.

Arl N-EFFC & 2BRs \$785-\$1280 + elec. Walk to Metro 703-528-8736.

ARL N - Lyon Village Area 1 BR \$1175. 2 BR \$1475. Utils incl. On cul-de-sac. Wlk dist. Metro/shppg, 2 mi. Key Bridge.
Call 703-527-1991
www.fortstrongapartments.com

BETH— Spacious 1400 s.f. 3 BR, 2 FBA w/den, nr Mont Mall. \$2000 neg+ elec. Gas heat incl. 301-452-3636

BLADENSBURG/Nr Metro • Mins from BW Pkwy. ONE MONTH'S RENT FREE ON 1-BR APTS ONLY

1 BRs START AT \$885

ALL UTILITIES INCLUDED

The Phoenix

- Spacious studios, 1 & 2BRs
- Wall-wall carpet
- Eat-in kit w/European style cabnits
- Patio/balcony
- 24-Hr. emergency maintenance
- Garage parking available

CALL TODAY! 866-807-0429

5802 Annapolis Road Bladensburg, Md. 20710
www.TheDonaldsonGroup.com

Camp Springs EHO
The Courts of Camp Springs
6201 Maxwell Drive, Camp Springs, MD 20746

888-731-6453

Newly Renov. Community & Huge Floor Plans

OPEN HOUSE DAILY
9 a.m. - 6 p.m.
SATURDAY
10 a.m. - 3:30 p.m.

Enter a drawing to win

1 MONTH RENT FREE!!!*
2BR Flat Special \$899 - 2BR Duplexes \$985

5% Discount for Govt. County & Military Personnel
Convenient to Metro
Text 'WCS6' to #30364 for instant info & Photos

www.thecourtsofcampsprings.com
William C. Smith & Co.

CAP HILL/1421 E. Cap, SE—Lg 1BR apt, recently renov, frplc, W/D, new stove, frig & D/W, nsmkg/no pets. \$1275+elec. 202-236-4139

CAP Hts Foreclosures only \$397/mo! More 1-4 bedrooms available! For Listings 800-585-3617 xR680

Clinton Area—4 br, 2 ba, NO CREDIT CHECK, Stl Steel Appl, deck, Nr Pub Transp, WD, Hw Flrs, 301-659-4637

DENIED AN APT DUE TO CREDIT?

MD, DC, VA 301-577-5705
www.secondavenueonline.com

EHO

5% DISCOUNT FOR
Military & Government Employees!
Metrobus at your front door
April Rent Specials

1, 2BR's from \$885
\$10.00 Appl Fee

- Washer/dryer in unit
- Private Balcony or Patio
- Wall to wall carpet
- Dishwashers
- Parking Included
- PETS WELCOME

CALL TODAY:
1-866-652-4957

Hours: M-F 9-5PM Sat 10-3PM Sun 12-4PM

Fairfax
DISCOVER THE AMBERLEIGH...
Where community charm meets city living!

FREE rent until June 1, 2008

8301 Anderson Dr.
Fairfax, VA 22031
www.amberleighapartments.com
888-704-1387

1, 2 and 3 bedroom town homes

- Pet friendly Community
- Internet Cafe
- Fitness Center
- Sparkling Swimming Pool & Club House
- On-site Maintenance & Management
- Steps from Shopping & Dining
- Accessable to Public Transportation
- Close to major employers, INOVA Hospital, SAIC, Exxon Mobil

FAIRFAX

The Avant...
Only a Door Step Away!

Spacious & Modern 1, 2 & 3 BRs
AVAILABLE NOW!

- Designer Kitchens
- Multiple Floorplans
- Olympic Size Pools
- Pet-friendly! Cats & Large Dogs Welcome!
- High-speed Internet Ready
- Play Ground & Sundek
- Microwave Ovens in Each Apartment
- Walking Distance to Wakefield Recreation Center, Pizzeria, Pharmacy, Dry Cleaner, On-site Metro Bus

703-941-1583

7931 Patriot Drive,
Annapolis, VA, 22003
www.avantapartments.com
Beltway: Little River Turnpike exit East (rte. 236 toward Annapolis), 1 block R onto Heritage Drive, Right on Patriot Drive, office on your left.

Train for a Career in Healthcare

Open career doors with a
Diploma
in as few as 7 months!



...or open doors wider with a
Degree
in as few as 14 months!



Financial Aid If You Qualify
Career Placement Assistance
Day, Evening & Weekend Classes Available



1 (888) 407-8222

www.sanz.edu

Accredited by
ACGETS

Certified in VA by SCHEV

Programs and schedules may vary by campus

Classifieds

RENTALS

Fair Oaks—Penderbrook Neighborhood! 3 lvl town-home. \$1900/mo, 3 br, 2.5 ba, 1 Car Attached gar, deck 3944 Valley Ridge Dr, Fairfax, VA 22033. Contact: 646-247-2229

FALLS CH—lge 1 BR w/balc. \$1275 incl utils. No pets. 202-412-1669

Forestville Parkland Village
2BR Special & pay 1/2 Security Deposit
W/D in each Apartment & CAC.
1-888-288-2159

GAITHERSBURG/1/2 mile fr. Rte. 270 EHO

**NEWLY RENOVATED
WASHER/DRYER IN EACH APT
ASK ABOUT SPECIALS**

GROVE PARK

- Ride on Bus at community entrance
- Fitness center and clubhouse
- Swimming Pool
- MORE!

CALL TODAY 866-441-3309

750 Clopper Rd.
se habla español

GREENBELT

EHO

The Hanover

Stop Looking! Start Living!
ALL UTILITIES INCLUDED

- Washer/Dryer! Balcony or Patio!
 - Fitness Center & Olympic size pool!
 - Pet Friendly! Great Specials!
 - Close to Metro & Shopping!
 - Minutes from 495 and 295
 - Superior Service
- Visit your New Home Today!**
7232 Hanover Pkwy
Greenbelt, MD 20770

or call (866)580-0965

HYATTSVILLE—4BR/2BA corner hse w/d, \$1735+
utils. Nr schls, shops & Metro. 301-420-5062

Hyattsville

EHO

Walking Distance To:
Green Line Metro & Shopping

Transportation at your door!
Elementary school across the street
Ask about Move in Specials!
HURRY CALL TODAY!! 301-853-2315

HYATTSVILLE—Rooms for rent in 6BR house.
Call Ronald 202-423-7391

LANDOVER—RENT TO OWN—no credit check,
3BR 1.5ba TH, new kitc/carpet, fresh paint, hdwd
flrs, lge fncd yd, \$1350/mo. 800-455-0379 ext. 5102.

LANHAM—5BR, 2.5BA SFH, 2car, 2LR/2DR,
\$2450. FT. WASH—4BR, 2.5BA TH. \$1750. **SUIT-
LAND**—4BR, 2BA SFH. \$1650/opt. 240-398-8200

Lanham—\$700.00, Master bedroom w/private
bath, Nr Pub Transp, AC, parking, 301-254-3474

LANHAM/SEABROOK

MANAGER'S SPECIAL!

SPACIOUS 1,2 AND 3 -BEDROOMS
All Utilities Included

- Washer/dryer in each apartment
- Sep. formal din. rm/step-down liv. rm
- Generous cabinet, closet & storage space
- Plush wall-to-wall carpeting
- High-speed internet and cable available
- Sparkling swimming pool with sundeck
- Playground and picnic area
- Close to Greenway Shopping Ctr. & Beltway Plaza, easy access to B.W. Pkwy, I-95 & Bltway.

COUNTRYSIDE
(888) 878-8371
www.countryside-apts.com

North Bethesda Living

Three unique finish levels | Granite countertops |
Stainless steel appliances | Sunrooms in every
home | Fully-equipped health club | Cyber café |
Steps to White Flint Metro | **From Only \$1,550**

THE MONTEREY

APARTMENTS **888.709.3821**
www.TheMontereyApartments.com



NE DC

AMES STREET APTS.

3533 Ames St NE

- Renovated 1BR Apts.
- Near Minn Ave Metro
- Close to Shopping & Dining
- On-site Laundry
- 24 hr Maintenance

Ask about our
Move-in Specials!!!
877.661.4840

Contact Kisha for an appointment.
www.novodev.com

NE/Deanwood near Metro - 4932 Nash St, 1 BR,
w/w, newly renov, quiet & sec bldg. \$645+ elec
301-503-6106

Kent Village

Apartments & Townhomes

1 & 2 Bedroom Apartments
2 Bedroom Townhomes

kentvillage.com

1.877.819.3119

6707 Hawthorne Street
Landover, MD 20785



southernmanagement.com

NE

EHO

Spring In To Savings At JETU APARTMENTS

869 21st St

1 BR \$725
2 BR from \$800

FREE UTILITIES!!
Bring in this ad to receive
\$100 Gift Card

Must move in by 5/31/08

- Wall-to-Wall Carpet
- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

877-814-0692

William C. Smith & Co.
www.wcsmith.com

Northwest

3636 16th St. NW

The Woodner Apartments

\$500 off 1st Month's Rent!*

Studios from \$825!
ALL UTILITIES INCLUDED!

- Walk to Columbia Heights Metro Station
- Free Shuttle Service to Red Line Metro Station
- Spacious Apartments
- On-site Grocery & shops
- Close to Rock Creek Park

888-869-2126

*On Studio Apts. only. Must sign 12 month lease

One Bedrooms starting from only \$800!

Limited Time Only!

- SOME UTILITIES INCLUDED
- ALL CREDIT CONSIDERED
- INSTANT PRE-APPROVAL
- WALK TO METRO
- SE HABLA ESPAÑOL

Ask about our financial
counseling program!



A Southern Management Community

SE

Garden Village



- **1 BRs from \$725***
 - Upgraded units with stainless steel
 - Walk to the New Super GIANT
 - **FREE** Splash Park & **FREE** Metro Shuttle • **FREE** Off-Street Parking
 - Boys & Girls Club at the THEARC
 - Daily 8-6, Wed 8-7, Sat 9-4
- 1720 Trenton Pl., SE **1-866-286-2476**

Ask About Accent Walls

FREE Month's Rent*

William C. Smith & Co.

www.thearc.org



www.wcsmith.com

*Call for Details



Life, Liberty and the Pursuit of a
FREE \$1000 IKEA GIFT CARD

Move-in today and don't pay rent until July 1st!*



E

ENCLAVE
SILVER SPRING

866.357.5909

enclavesilverspring.com
11225 Oak Leaf Drive • Silver Spring • MD

RIVERSTONE
A Consolidated American Service Company

*Prices, availability, specials and lease terms subject to change at any time.



SE

Manor Village



Ask About Accent Walls

**Receive a \$200
GIANT gift card***

- **1 BRs from \$725*** • Upgraded units with stainless steel • Next to the NEW Super Giant • **FREE** Splash Park & **FREE** Metro Shuttle • **FREE** Off-Street Parking • Boys & Girls Club at the THEARC • Daily 8-5, Wed 8-7, Sat 9-4 and Sun 11-4
- 1717 Alabama Ave., SE **1-888-275-2914**

William C. Smith & Co.

www.thearc.org



www.wcsmith.com

*Call for Details



The Fast Track To Fitness

A brand new gated community
right at the Branch Avenue Metro

State-of-the-art fitness center
High-tech business center • Indoor basketball court
Swimming pool • Tennis court



MetroPlace
AT TOWN CENTER

4600 Auth Way
Camp Springs, MD 20746
888.251.7881

MetroPlaceatTownCenter.com

*Concession on select floor plans



Classifieds

RENTALS

NORTHEAST

EHO

Comfort-Convenience--
AFFORDABLE!
COME CHECK US OUT!

FORT CHAPLIN PARK

One Block from Metro
FREE off-street parking
Landscaped courtyards
1 & 2 BR apts/3BR townhomes
5% DISCOUNT TO ALL
METRO & DC GOV'T EMPLOYEES

CALL TOLL FREE 877-269-4216
4212 East Capital St N.E.

Housing Choice Vouchers Welcome where rents
are within voucher limits

NORTHERN VA. FURN CORPORATE RENTALS —
703-729-1851; 800-630-4677

NW/SHA W — 1 BR apts in Sr. Citizen bldg . Util incl.
W aiting list NOW OPEN! Call 202-518-0636. EHO

NW

Sherry Hall
2702 Wisconsin Ave., NW
1-866-856-4184

1BR: \$1425
ALL UTILITIES INCLUDED

- North Georgetown
- Front facing with incredible views of DC
- Heat and AC included
- Beautiful Hardwood Floors
- Sundeck w/ panoramic views
- On site Laundry
- 24-Hr Maintenance on-site
- Walk to shopping/dining

Professionally Managed By
William C. Smith & Co./EHO

Old Town—\$1850, 2 br, 1 ba, 3 Russell Road #B, Old Town Alexandria, across frm Metro, DW, WD, Gas FP, HW Flrs, parking, 703-980-7896. Open House 5/4 1-4 p.m.

Parkfairfax—\$1900 all util, park, 2/2 br/ba, highrise, Martha Custis, small pets, pool, 240-350-3225

Petworth/5509 4th St - 4BR, 2.5BA. \$1800 + utils. 202-829-8896 or 202-536-4440

Reston—\$1000, 1 br, 1 ba, 11138 Beaver Trail Ct, Reston, VA, Private Lake Access, water incl, New Appliances, WW Carpet, small dogs allowed, parking, 302-981-9104

Reston—Town Center - 2br,2ba,HW flrs,fpl,garage parking,security,pool, gym,biz ctr \$1950/m 703-650-8930

Riverdale EHO

April Fool's Special!

5% DISCOUNT FOR
Military & Government Employees
Reduced Rent for the First year
And
First Full Month's Rent Free

\$10.00 Appl Fee

* Must be credit approved

MetroBus at your front door
On-site laundry, Gourmet Kitchens
Wall/Wall Carpet, Private Balconies

CALL TODAY!
1-866-906-9224

Hours: Mon-Fri 9-5PM; Sat 10-3PM; Sun 12-4PM

Riverdale

Park Tanglewood
5309 Riverdale Road
Riverdale, MD 20737
888-415-2076

1BR with Balcony: \$895
ALL UTILITIES INCLUDES

- Spacious Floorplans & Closet Space
- Electronic Entry System
- Balcony or Patio
- Central Air Conditioning
- Dishwasher
- Swimming Pool
- Free Parking

Professionally Managed By
William C. Smith & Co./EHO

ROCKVILLE/GAITHS—Lrg 1&2BR. 1mo free. Lots of discounts. All utls/cbl incl. Unfurn/Furn/Corp. Balc. Nr Metro, park w/ gym/pool, grocery. 301-948-0087.

SE— 1 BR & 1 BR w/ Den, \$743 and Up + Electric, No pets. Call 202-265-4814 or 202-889-4083.
Fred A.Smith Co.

SE - 212 Orange St. SE. 4BR 2BA. Newly remod. Sec. 8 ok. \$2100. 202-277-2992.

SE/NE— Call for Specials on 2BR, 3BR & 4BR, from \$700 to \$1600. Sec. 8 OK. 202-388-3900 x10

SE

EHO

Check Out Our Specials!!!
Large One bedrooms \$725
\$10 application fee!!!
Deposit as low as \$200!!!

- Close to schools & shopping
- Metro bus stop on front of property
- Central AC & Heat
- W/W Carpet
- Dining Room w/ chandelier

Minutes from the new National Stadium & Harbor

(202) 563-6968
Friendship Court
Professionally Managed By,
CIH Properties, Inc.

SE

1 & 2 Bedrooms
from \$750

- Great location in a park-like setting
- Gas, hot water & heat included.
- Laundry facility on property.
- Intercom access to every bldg.



Banneker Place Apts.

Call for Details
(202) 584-1688
Professional Mgmt. by CIH Properties

SE DC

Great Savings Are in Bloom!
Come Grow With Us At
Wingate Tower and
Garden Apts.

1 BRs from \$750
2 BRs from \$850
3 BRs from \$960
4 BRs from \$1490
5 BRs from \$1600
*Handicap Accessible units Available!
\$99 Security Deposit Special
1st Month FREE!
You could win a 32" or 42" LCD TV!
Move in by 5/31/08
202-563-2652

SE

EHO

Meadowbrook Run

½ Off First Months Rent*
1BR Starting at \$715

- Free Application Process with this ad
- Resident-Controlled Access
- Large Walk-in Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat

3647 6th St., SE
877-819-3121
William C. Smith & Co.
www.wcsmith.com
*On 1BRs Only

SE/The New Anacostia

THE BEST VIEW IN THE CITY!

SELECT 2 BRS STARTING AT \$960
\$99 SECURITY DEPOSIT SPECIAL*
UTILITIES INCLUDED

MARBURY PLAZA
Minutes from VA, Downtown DC,395 & Metro

2300 Good Hope Rd. SE
(800) 433-1769

*for qualified applicants.
WWW.beaconmanagement.com

SE Cascade Park Apts-

4236 4th Street

1BR \$1600
3BR \$1495

2BR \$975
4BR \$1600

Newly Renovated
New Carpeting, Tiling &
Kitchen Appliances

Apartments Available Today

Call Now
Call 888-481-8925
www.novodev.com

SIL SPG TH. 3 fin lvs. 3BR. 2.5BA. 2 fpls. deck. patio. w-o fin bsmt. w/d. extra storage. backs to parkland. \$1695/mo. 240-461-2331

Silver Spring

A GREAT PLACE TO
COME HOME TO!

1 Mo. Rent Free*
WOODVALE

This beautifully landscaped community features
New Cabinets, New Carpet, New Appliances
and So Much More
• Ceiling fan in kitchen
• Tile Entrance Foyer
• Washer & Dryer in all homes
• Swimming Pool/Tennis Courts
• Wooded picnic areas
• Now under new management!
Call Today for details
(866) 522-5427
*restrictions may apply

Southeast

2 & 3 Bedrooms
\$9 million Renovation

The Village
at Chesapeake

- W/W carpet
- Hardwood Floors
- Central Air
- Near DC/MD METRO
- On-site Laundry
- 24hr. maintenance
- Future On-site Learning Center
- Affordable
- Section 8 Welcome
- Subject to criminal and credit checks

Units avail for immediate
occupancy
877-275-1129
M-F 8-6. Sat. 10-2
A VESTA PROPERTY EHO

Southeast

Stanton Glenn Apartments

Open House Sat. 4/26 & Sun. 4/27
10am-2pm

If You want the Urban Style with
that Downtown Feel Overlooking
the Washington Monument, with
our lofts & skylights

Fitness Center Swimming Pool
New Carpet Full size Wash/Dryer
Alarm System Balconies

Stanton Glenn is the Place for you!

3048 Stanton Road S.E. Suite #104
Washington DC 20020

Call Tasha Bland & Tyrone Stover
1-888-497-4364 fx 202-889-1325

SOUTHEAST

EHO

TWO MONTHS FREE!*

SPACIOUS 2 & 3 BR Apartments
Convenient to shopping, schools
and major highways
Dishwasher . Walk-in Closets
Wall-to-Wall Carpeting
5% DISCOUNT TO ALL
METRO & DC GOVT EMPLOYEES

Meadow Green Courts
877-595-7389
3539 A Street SE
Housing Choice Vouchers welcome where rents
are within voucher program limits
*See Leasing Consultant for Details

Southwest

Comfortable & Spacious
Oak Park Apts
125 Ivanhoe St. S.W.

- Renovated 1 & 2 BR Apts.
- Close to 295 & Hadley Hospital
- MetroBus stop in front
- Laundry Facility On Site

CALL TODAY
1-888-665-1083
www.novodev.com

SUITLAND

1 BR starting at \$750
2BR starting at \$850
ALL UTILITIES INCLUDED
Must move in by 5/16/08

FREE APP FEE WITH THIS AD!

Newly Renovated Apts. Available
5% Discount to
Military, college students, teachers,
firemen & police.
Minutes to Andrews, Metro & Shops
Pets allowed with restrictions

PINEWOOD CHASE
(800) 531-4369
Open Late Tu/Th 10am-7pm

SUITLAND

EHO

2 Blocks to Metro!

1&2BRs from \$965

- Washer and Dryer in Every Apt
- Remodeled Apartments
- Oversized Closets
- 2 Blocks from Suitland & Addison Road Metro
- No App Fee with this ad!

SHADYSIDE GARDENS
877-338-2594
*Call for details

SUITLAND

SPECIAL LOW DEPOSIT
\$100 off 1st Month!

1 & 2 BRs from \$750
UTILITIES INCLUDED!
SILVER HILL APTS.
Remodeled w/new Kitchens

- DIRECTLY ACROSS FROM METRO!
- Hardwood floors, Mini-blinds
- Laundry facilities on-site
- Free parking

301-423-3131

SW/WATERFRONT-121 P. St. &112 O St., 1br, cac, w/d, dw, \$795 & up. 1br, 1535 Half St. \$695 Nr. Metro. Yard. Call202-256-2205

SW WTRFRT- 1BR, metro across street, everything new, gar prk avail, clearly see Nats and Capital from balc, utls incld, top flr, sec. bldg . \$1450 301-467-0156

SW

2 MONTHS
FREE!*

Eagle's Crossing
1&2 BEDROOM APTS.

Park-like Setting. Emergency Maint
Wall-to-Wall Carpet . Walk-in Closets
Central Laundry Facils. Dishwasher
5% DISCOUNT TO ALL
METRO & DC GOV'T EMPLOYEES

Call TOLL FREE
(866) 416-1325
116 Irving Street SW
OPEN SUNDAYS 11-3
Housing Choice Vouchers Welcome
*See Leasing Consultant for Details

TAKOMA PARK

2BR starting at \$1039*
3BR starting at \$1102*

BELFORD TOWERS

Is accessible by bus and rail • is walking
distance to nearby shopping ctrs & recreation. Just minutes from Washington D.C. 495
and East-West Hwy.

gas and water included
5% discount to military, government
employees and students

(800) 331-8319
Open Late Tu/Th 10am-7pm
www.beaconmanagement.com
*GOOD THRU 4/26/08

UPPER MARLBORO/DISTRICT HGTS rent w/opt to buy. 4 houses avail. \$1650-\$2000 mo. Call 800-662-1961 x5227

UPPER MARLBORO—Rent to own, \$2000/mo. 6 BR, 3.5 BA SFH. Sec 8 ok. Mr. Melbourne, Exit Premier Rlty 202-327-1367/ 301-560-6700 x1166

ROOMMATES

ALEXANDRIA/FT BELVOIR—M shr neat,cln,furn'd TH,lrg rm w/prv bath, \$690; \$500 depos. incl utils, .NS.NP.3 01-203-2420 or 703-303-1237.

Alexandria - Fairfax County—SFH split-lvl 2 share, \$1000 incl util, YOUR SPC: 2 br/1 ba/living rm. Share ktchn/lndry. Seek 1 prsn, non-smkr, no pets, 703-489-6071. Pix avail.

Alexandria - Fairfax County—SFH split-lvl 2 share, \$1000 incl util, YOUR SPC: 2 br/1 ba/living rm. Share ktchn/lndry. Seek 1 prsn, non-smkr, no pets, 703-489-6071. Pix avail.

ANNANDALE— share house, \$750 incl utils. Call 703-389-0505.

ARL/Ballston — Walk to Metro. Avl immed. Shr duplex. \$625 - 695/mo + utils + sec dep. Call 703-599-7572

BOWIE—NS sh hse, rm avail, excel, great nghd, no pets, \$515/mo serious inq only 202-664-7045.

BOWIE rm for rent in shr TH, nr shop. cntr, \$650 w/ Utils, Cble & Wireless Net incl.N/S, N/P. 703-459-8272

College Park - Share SFH. W/D, CAC, HWD flrs, \$85 Util. Rm \$500. Call 410-241-9128

College Park- Shr SFH. Rms for rent \$500 + utils. Immed occup. Wlk to UMD, bus stop,metro.301-529-8143

FAIRFAX—Share house. Furn'd Bsmr for rent. Pvt entrance. pvt BA. \$800 incl utils. 703-725-4689

FT WASH. Beautiful house to share \$125-\$225/wk includes utils. Call 240-565-8451.

HERNDON — Large Bedroom w/ prvt Bath in TH. Incl. Cable TV. \$625/mo + utils. Call 571-226-7599

Landover/Cap Hgths - 1BR for rent. \$150 to \$200 per week. Util incld. Nr metro. Call 202-701-3332

Laurel-TH.Cls to Balt/D.C.Fully furn.,wireless Int., cable w/d.no pets.\$700/m+utills.240-354-7455

MANASSAS—Female non-smkr to share SFH, prvt BR & BA. \$595 incl. util. CATV W/D. 703-473-1359

MANASSAS- TH to sh Lrg furn bsmt rm \$575 Furn BR. \$425 incl uts. No Smkg No Pets 571-264-1156

MANASSAS —TH to shr, Room to rent, 12 mins to Vienna Metro. All utils incl. \$420 Call 571-274-1737.

Rockville — Shr hse. 5 Min Walk to Metro, bus, shop ctr, nr libr., Univ. \$600 incl util. N/P 301-793-8511

SHAW/Howard University - Shr. 3BR Furn. TH, Nr. Metro, N/S, females only. \$700 All Bills incl. Call 617-820-6237

SIL SPG—1 BR in shared TH. \$400 all utils incl. Quiet nghbrhd. 240-374-2830 or 301-938-1241

SIL SPG—Walk to Metro. Prof to shr Wonderful House. BR/BA:\$675, \$535. N/S, no pets. utils included.Private entrance 301-593-2435

Silver Spring/Wheaton - Shr SFH. 2 rooms \$475 & \$575/month + \$200Dep. Walk to bus. Call 240-277-6435.

SILVER SPRING—Rm in SFH to shr, prvt ba, \$550 incl cable +. Nr metro. 240-455-8357 or 240-304-4362

TYSONS CORNER — 1BR for rent in SFH. Shr BA. \$750/m. Incl util & internet. Call 703-475-3742

Upper Marlboro - Wlk to PG Comm Coll. 1BR in shr SFH. \$500 incl utils.301-247-9039 or 240-619-2188

Classifieds

ROOMMATES

WOODBRIDGE/BELMONTBAY.COM— N/S, prof F to shr lux condo. MBR w/wlk-in closet & pvt BA. Near VRE. \$550+1/2 utils. 703-501-3592

CONDOS FOR SALE

ALEXANDRIA/WATERGATE -1BR/1BA \$243K; 2 BR/2 BA. \$279K. W/D, gated comm, indr/outdr pools & tennis courts. Metro shuttle. 571-277-1831
Columbia Hights U Street
www.privadocondos.com
design your own.....

CONDOS CONDOS CONDOS—N.E.N.W. & S.E. Fr Low \$100's.— Move in cond & ready for YOU. Call Ernest at 202 438-7611 NCR 202 291-2522

RENTALS

HOUSES FOR SALE

BANK OWNED—PROPERTIES AVAILABLE AT A 80% DISCOUNT IN PG COUNTY NOW! CALL FOR DETAILS! HAVEN REALTY 1-888-476-6849

BOWIE-\$309K HUGEPRIICE DECREASE Updated 5 BR Colonial w/ 2 Car Garage, Granite Kit, New hardwood flrs., large Corner Lot 301-343-4236

BOWIE 6 ACRES HORSE FARMNewly renov home,10BR 5BA fenced yard,barn included.13325 11th St \$699,000 301-343-4236

Capitol Heights - \$259K. 6BR rambler w/ bsmt. Newly renov, hwd flrs, granite kitch, new Bas, fenced yard. Call 301-343-4236

* DISTRESS SALES—Free list with pictures of bank foreclosures and power of sale properties. Free 24-hr. recorded msg 1-800-910-0453 X2042

BOWIE—4BR 3BA, pool & hottub.

RENTALS

Fairfax VA, 538 Early Fall Ct
\$100k below market. Homeowners, new and experienced investors; Come join us to view this property and many more like it on a "HOT"deal finding bus tour. Bank owned properties (REO's) for .50 cents on the dollar. May 17th. Visit our website: www.myforeclosurebustour.com

LANHAM FORECLOSURE—4 BR 2 BA detached SFH w/ bsmt. \$210K. Call Lisa Bell 202-997-6317 Exit Premier Realty 301-560-6700 x 1184

LAUREL \$259K Newly renov 3 BR 2.5 BA TH, fin bsmt, new hwdw flrs, gran kit, new appls, 6926 Scotch Dr. Closing help. 301-343-4236

LEARN TO BUY HOMES USING GRANT MONEY BANK OWNED—A SURPLUS OF PROPERTIES ARE AVAILABLE NOW TO BUY WITH FEDERAL GRANT MONEY! CALL NOW FOR DETAILS!
HAVEN REALTY CENTERS
1-888-476-6849 EXT 3
NEW HOMES

3 MI TH's from low \$280,000. Single family detached colonial homes from \$390,000. All closings paid. Some from as little as \$1500 down, call for details. Catherine Holroyd. Exit Premier RE 202-391-2347 301-560-6700

S.E. 9 NEW HOMES

Starting from the low \$200's. What are you waiting on Judgement Day? Buy now or Kick Yourself Later. Rates are low & housing costs are low Call today Ernest at 202 438-7611 NCR 202 291-2522

Upper Marlboro \$499,999

CLOSING COSTS PAID

4 br, 3.5 ba, 2 Cr gar, hottub 60+jets, deck, new stainless steel appl, Media Rm, new floors, Gas FP, Hw Flrs, W/O Bsmt, 1302 Bufflehead Ct, 240-476-9595

UPPER MARLBORO — \$218,900 colo style TH, 3BR, 2.5BA, Contact Edward Cunningham. Exit Premier RE 301-669-0063 301-560-6700

UPPER MARLBORO \$244,950 Pre-forclosure 5BR 3BA SFH Mr, Melbourne Exit Premier Realty 202-327-1367. 301-560-6700 X 1166 #CD

UPPER MARLBORO — \$244,900 colo style TH, 3BR, 2.5BA, Contact Catherine Holroyd. Exit Premier RE 202-391-2347 301-560-6700

UPPER MARLBORO—rent w/ opt to buy \$1,500/m- \$2,200/m. Catherine Holroyd, Exit Premier Realty, 202-391-2347 301-560-6700

REAL ESTATE SERVICES

MARYLAND HOMEBUYING PROGRAMS — If you have an income of \$50K or more and at least \$7000 in savings and would love to own a home in Maryland in the next 30-60 days, Programs for many situations. Raymond Marshall, Re/Max 100. Direct 301-702-4243 office. 301-899-1200 x243

VA Beach 5 Star Condo for Rent—On the beach, sleeps 6. Full kitchen, jacuzzi tub, multiple pools. 3 weeks available: July 13-20, 20-27, 27-Aug 3. Only \$2500 Call 270-210-6749

WE BUY HOUSES ANY PRICE OR CONDITION Do You Need To Sell Quickly? WE BUY HOUSES FAST FOR 19 YRS Cash, No Contingencies, No Commission, No Fees You Save \$. Buying in Maryland, DC & Virginia. Brian, Re/Max 2000, 301-996-9695 www.ListOrBuyHomes.com Brian@ListOrBuyHomes.com

COMMERCIAL REAL ESTATE

1629 K St. NW.—Office Intelligently: On demand offices, phone, mail, Net, incubator, other svcs. Plans \$55-\$200/mo. OSI 202-835-0680

DC/MD Office, store, or studio in DC or MD \$500-\$2200 301-728-1646 or 301-277-5711

CARS

BMW 2006 530 — xi, \$37500 obo, Excellent cond, 11k mi, Beige int, Blue ext, 4 dr, Htd Seats, 202-265-3238

BMW 2005 325 — xi, \$21,950, 100Kmain/mech wrty, Exc cond, 56k mi, White/beige lthr int, 4 dr, Htd Seats, new tires, Mnrf. 202-320-1395

Cadillac 2007 CTS — \$37,000.00, Excellent cond, 5k mi, Tan int, White ext, 4 dr, Htd Seats, Lthr Int, Sunrf. ABS. 301-404-8331

CHEVROLET 1995 LUMINA — 4 dr, 108K mis, runs great, As is. Gray, A/C works great. No dents. \$1900/obo. Call 202-281-9228

Chevrolet 1986 Astro — CL, \$2000 obo, Good cond, 60k mi, Tan int, Gold ext, 3 dr, Buckets, Automatic, PS, PB, 703-216-6508

CHEVY 1992 ASTRO PASSENGER VAN automatic, runs great, blue, \$1100. 202-744-7187

Dodge 2003 Sprinter — 23 MPG! High Roof, 10 psgr, 101k mi, power everything, All The Extras! I am orig owner \$22,485 obo 301-352-9110

Ford 2000 Expedition — \$10,500 obo, Excellent cond, 58k mi, Gray int, Blue ext, 4 dr, alloy wheels, 202-652-1223

Ford 1998 Explorer — Eddie Bauer, \$4500, Exc cond, 142k mi, 6 cd changer, sunroof, leather int, LOADED 410-531-0508

Honda 2005 Odyssey — EX-L, \$21,000 obo, Great cond, 39k mi, Beige int, Green ext, Seats 8, Htd seats, DVD, Mnrf. 703-894-7591 Pix@cars.com

JUNK VEHICLES REMOVED FREE CASH PAY FOR ALL 202-714-9835

Nissan 2003 Altima — 2.5 S, \$10,450 neg., Excellent, clean cond., 40k miles. Green ext, roomy, great family car. 2 new tires. 703-969-2511

Volkswagen 2004 Passat — GLX, \$15995, Auto, 28k Miles, Exc Cond, Green Ext, Gray Int, Htd/Pwr Seats, Sunroof, Leather, (540) 636-7196

WANTED

100 GOOD PEOPLE WITH BAD CREDIT

- None Established • Bankruptcies • Judgments
- Charge Offs • Repossessions • Tax Liens

New Test Program For Automobile Financing Special Allocation of Funds

NEED A CAR - CALL NOW
Call Mr. Samuals Today • 1-877-877-5557
Laurel Kia Used Cars & Trucks

\$\$\$WILL BUY HONDA ACCORD 1990-1997 any condition. 301-467-0426

MOTORCYCLES

HONDA 2003 CRF-150—under 25 hours ridden, practically brand new, starting at \$1,500. For more info call 202-468-7642.

LANDOVER

Maple Ridge
888-583-3045
2252 Brightseat Road • Landover, MD 20785

OXON HILL

Colonial Village
888-583-3047
908 Marcy Ave. • Oxon Hill, MD 20745

HYATTSVILLE

Fletchers Field Apartments
866-805-0782
5249 Kenilworth Ave. • Hyattsville, MD 20781

LANDOVER

Calvert Hall Apartments
877-203-6036
3817 64th Ave. • Landover, MD 20784

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!

- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

Call now for our FANTASTIC SPECIALS

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL ABOUT FANTASTIC SPECIALS

- FREE UTILITIES
- Free Application Fee
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios

CALL NOW FOR OUR FANTASTIC SPECIALS!

- Gated Community
- FREE Heat & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street

1st month FREE No app. Fee w/this ad

EQUAL HOUSING OPPORTUNITY

RIVERDALE

1, 2, & 3 BR Apts Huge 2 BR Townhomes

Parkview Gardens
888-251-1872
6400 Riverdale Road • Riverdale, MD 20737
GATED COMMUNITY
Beautiful Kitchens - Granite Countertops

- Fitness Center on Property
- Washer/Dryer**
- Beautiful Kitchens- Granite Countertops**
- Outdoor & Indoor Pools
- Free 6 week summer camp

Riverdale Village

800-767-2189
5409 Riverdale Road • Riverdale, MD 20781

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling *select units
- 1, 2, & 3 BR AVAILABLE.
- HUGE 2 BR TOWNHOMES

Move in now with ONLY \$200 (limited time offer select 1 BR only)

Landover

Kings Square Apartments
877-898-6958
3402 Dodge Park Road • Landover, MD 20785

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

Call now for our FANTASTIC SPECIALS

EQUAL HOUSING OPPORTUNITY

Stop working.
Read Express.

readexpress.com

X571 1x4

Stop working.
Read Express.

readexpress.com

X571 1x3.5

Stop working.
Read Express.

readexpress.com

X571 1x1.5

49¢ SUNDAYS

when you sign up for 26 weeks of Washington Post home delivery.

Offer expires 6/1/08

LOWEST RATE in 2008!

Subscribe today and SAVE 67% OFF the newsstand rate when you sign up for 26 weeks of Post Sunday-only home delivery, for just 49¢ per week!

Call 1-877-333-6973, Ext. 5 or visit washingtonpost.com/subscribe

Offer expires 6/1/08. Restrictions may apply. DDA8 RPNE S086 1x12

The Washington Post

If you don't get it, you don't get it.

LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Science

Researchers use a robotic squirrel to learn about real ones

One gray squirrel, its bushy tail twitching, barked a warning as another scrounged for food nearby.

It was an ordinary spring day at Hampshire College in Amherst, Mass., except that the rodent issuing the warning was powered by amps, not acorns.

Dubbed "Rocky" after the cartoon character, the robo-squirrel is working its way into Hampshire's

live-squirrel clique, controlled by researchers several yards away with a laptop computer and binoculars.

Sarah Partan, an assistant professor in animal behavior at Hampshire, hopes that by capturing a close-up view of squirrels in nature, Rocky will help her team decode squirrels' communication techniques, social cues and survival instincts.

Rocky is among many robotic critters worldwide helping researchers observe animals in their natural environments rather than in labs. The research could let scientists better understand how animals work in groups, court, intimidate rivals and warn allies of danger.



BUSHY-TAILED IMPOSTER: Robotic squirrel Rocky is used at Hampshire College.

INSIDE

Scarlett Johansson and Ryan Reynolds are set to tie the knot | **34**

Styles: One-piece swimsuits are in | **31**

Discussion: Jenkins on the Derby death | **32**

PHOTOS BY NANCY PALMIERI/AP



SQUIRREL SURVEILLANCE: A Hampshire College professor and a student track a robo-squirrel and its effect on real animals.

In Indiana, for instance, a fake lizard shows off its machismo as researchers assess which actions intimidate and attract real lizards. Pheromone-soaked cockroach counterfeits in Brussels, meanwhile, exert peer pressure on real roaches to move out of protective darkness.

The research may even help explain similar instinctive behav-

circuits and other material. Partan, who created Rocky a few years ago with students when she taught at the University of South Florida, is constantly refining its actions and updating its technology.

Rocky's movement is controlled by basic computer programs, and it has tiny speakers inside that play recordings Partan purchased from an animal-sounds library at

near real squirrels. Mounted on a board, he was shielded by a camouflage hood. A long cord connected him to the researchers' laptop.

After the computer's program flipped the hood open, Rocky began tail-flagging, barking and making other motions squirrels recognize as warnings of danger.

The most successful experiments are when the real squir-

Robo-Rodents

iors in humans, researchers say.

"Animals and humans are all affected by behaviors, body postures and signals from each other that we may not be aware of," Partan said.

The use of fake critters to infiltrate real groups of animals is so new that few companies build or sell such tools to researchers.

Many of the scientists using animal doppelgangers have modified toy animals or, like Partan and her students, cobbled together their own with fake fur, small motors,

Cornell University.

One recent afternoon, she and students Maya Gounard, 20, and Andrew Fulmer, 19, brought Rocky out for field testing and placed him

The use of fake critters to infiltrate real groups of animals is so new that few companies build such tools.

rels respond by "flagging" their own tail, halting their foraging to check for danger, scamper up a tree or take other actions that show they picked up on the signals, Partan said.

"We watch for a trade-off in their behavior," she said, pointing out a squirrel that jerked to its hind legs and froze, its eyes scanning the area as it heard Rocky's barks. "He gave up foraging to focus on being vigilant, so that's something we'd note as a discernible response."

STEPHANIE REITZ (AP)

Zest for Sour Lemons

Beverages

For many, lemonade is the quintessential summertime drink

After nearly a decade in the lemonade business, Josh Thomas is looking forward to handing off some of his responsibilities to a successor. But he'll probably wait until his brother turns 4, the same age he was when he opened his award-winning stand.

At age 13, Thomas has shown a shrewd business sense when it comes to marketing the lemonade stand he sets up each summer at two community festivals near his home in Silverton, Ore. But he's also tinkered with his recipe over the years to create a product that pleases both the eye and the palate.

"Since I sell a lot, I use lemonade concentrate, fresh lemons dipped in sugar, then extra sugar for a sweeter taste," says Josh, who displays his lemonade in a clear container with



There is a lemonade recipe to suit every taste—from sweet and subtle to sour.

lemon slices bobbing alongside ice cubes made from frozen juice. "I keep making fresh batches; that way people can smell it and it attracts them to the stand."

Josh doesn't set up his stand until August, but lemonade season is upon us. And when it comes to this quintessential summer drink, there is a lemonade recipe to suit

“It’s as nostalgic as Mom’s meatloaf. We all have some memories of [lemonade] as a child.”

FRED THOMPSON, AUTHOR

every taste, from simply squeezed blends of lemon, water and sugar to upscale concoctions infused with fruit and herbs.

Fred Thompson, author of the cookbook "Lemonade," calls lemonade "comfort food in a glass."

"It's as nostalgic as Mom's meatloaf," he says. "We all have some memories of it as a child. ... It's sort of this sense of generations that, quite frankly, we don't have a lot of these days."

The taste of lemonade is satisfying because it combines sweet and sour flavors, he says. "If made appropriately, it's sort of an exciting thing to have in your mouth."

Appropriately is the key word. There is no circumstance under which powdered lemonade mix is acceptable, other than to add a bit of flavor to iced tea, Thompson says. "To me, lemonade is about fresh. It's about bold," he says. "It's like using fresh herbs at the last minute in a savory dish."

Along those lines, Thompson also steers clear of bottled, reconstituted lemon juice.

In a pinch, store-bought lemonade can be transformed into a reasonably good beverage by adding the juice of a few fresh lemons and their rinds and refrigerating the mixture overnight, he says.

Some of Thompson's recipes also include frozen lemonade concentrate mixed with fresh ingredients.

But for truly tasty lemonade, fresh lemon juice and zest are critical, he says, and you don't need a fancy juicer.

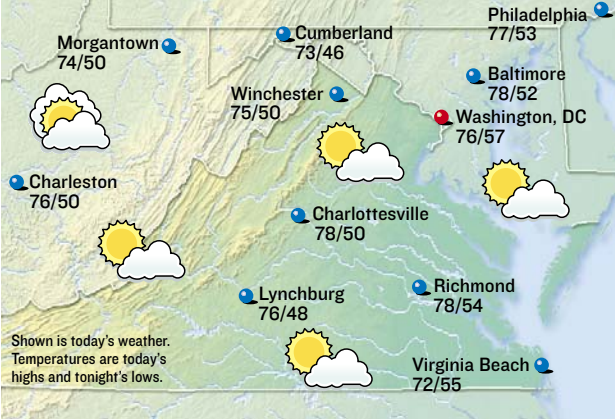
"I still like old-fashioned, simple reamers," he says. "They're as effective as anything else, easy to store, and they don't cost a lot of money."

Thompson also suggests sweetening lemonade with superfine sugar, because it dissolves more quickly than conventional granulated sugar. A simple syrup (made by boiling water and sugar) also is good. HOLLY RAMER (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Sunshine and patchy clouds	Mainly clear	Sun and some clouds	Not as warm with a t-storm possible	Cloudy, rain possible; breezy	Mostly sunny and pleasant
76°	57°	82° / 61°	72° / 60°	71° / 54°	73° / 53°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	73°
Low	52°
Normal high	72°
Normal low	52°
Average humidity	49%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.04"
Normal month to date	0.56"
Year to date	13.30"
Last year to date	12.08"
Normal year to date	12.88"

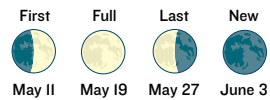
For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

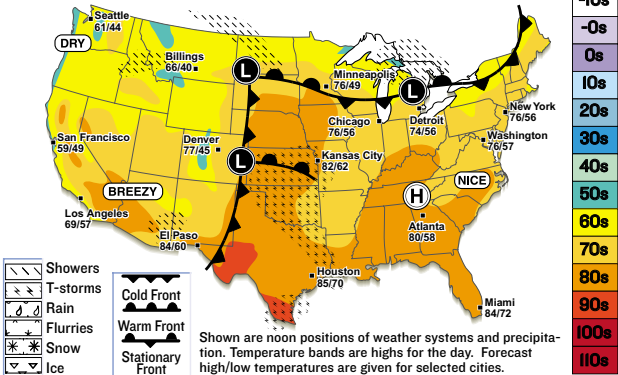
D.C. Metro: Today, sunny. High 76. Wind northwest 6-12 mph. Tonight, mostly clear. Low 57. Wind southwest 4-8 mph. Wednesday, mostly sunny.

Sun and Moon

Sunrise today	6:04 a.m.
Sunset tonight	8:06 p.m.
Moonrise today	6:28 a.m.
Moonset today	10:11 p.m.



National Weather for Tuesday, May 6



National Cities

City	Today	Wed.
Atlanta	80/58/pc	80/62/pc
Boston	66/53/s	70/56/pc
Chicago	76/56/t	63/48/r
Dallas	80/67/t	84/62/t
Denver	77/45/t	62/43/t
Honolulu	85/72/s	85/72/s
Los Angeles	69/57/pc	68/56/pc
Miami	84/72/s	84/73/s
New York City	76/56/s	73/61/pc
Orlando	87/64/s	87/67/s
Seattle	61/44/pc	55/42/c

World Cities

City	Today	Wed.
Amsterdam	68/50/s	68/50/s
Athens	69/55/pc	66/53/r
Berlin	66/49/pc	68/51/pc
Buenos Aires	70/52/s	64/45/s
Calgary	55/37/c	46/34/c
Dublin	61/46/pc	63/50/sh
Geneva	71/52/pc	73/52/s
Moscow	61/39/r	52/41/pc
Rome	72/50/pc	75/52/s
Sydney	68/53/pc	66/50/s
Tokyo	69/59/s	76/59/s

Styles

LOOKout



This one-piece by Melissa Odabash is likely to make a splash when it comes to swimwear this season.

More... Is More

Say goodbye to your bikini and try a sexy one-piece this season

If you're hoping to make a splash poolside this season, try a one-piece bathing suit.

It's a dose of retro style that falls in line with the overall fashion of more modest looks. More is more, with an emphasis on chic cover-ups, flattering Lycra-enhanced fabrics and goddess-like silhouettes.

"I'm feeling that one-pieces are a lot sexier than the two-pieces," says Suze Yalof Schwartz, fashion editor at large at Glamour. One of her favorite swimsuits is a Norma Kamali draped maillot that could almost be described as a skirt suit with a deep plunging neckline. "It's chic, sexy and modern. It allows for a little imagination."

Designer Carmen Marc Valvo says the more conservative approach to swimwear could be a reaction to the times: There's a war, economic downturn and a general malaise in the air. But, he adds with a laugh, there's nothing like a beautiful, glamorous woman in a swimsuit to take your mind off your woes.

"This is a stunning suit," says Valvo, highlighting a strapless one-

"I'm feeling that one-pieces are a lot sexier than the two-pieces. It's chic, sexy and modern."

SUZE YALOF SCHWARTZ, GLAMOUR

piece with a minidress effect that goes over a model's hips. "It's kind of Marilyn if you think about it in 'Some Like It Hot.'"

Designer Melissa Odabash says one-piece bathing suits with cut-aways can give many women what they're looking for. If you want to hide your tummy, choose a bandeau with an open back — it looks like a bikini from the back but gives full coverage in the front. For those who need bust support but have toned abs, an option is a halter-style top with cut-outs below the bust.

"A halter shows off shoulders, gives a little lift to the bust but doesn't flatten you out in the way that tank straps do," she says.

Ruching also can be a woman's best friend, thanks to the camouflage it can provide to any bumps and bulges, Odabash explains, and a little bit of a tan helps mask any skin imperfections.

She discourages any dowdy one-piece suits with oversize neon-colored floral prints. It's more flattering to wear something chic, she says: perhaps a metallic or animal-print, or something simple in brown, black or white.

As a Brit, Odabash observes that the American audience tends to be more conservative and practical than those across the pond. Europeans put on a show when they hit the beach — and rarely dip their toes into the water, she says, while Americans want an easy suit-and-cover-up combination that will hold up.

"If you're doing other things than just laying on the beach, you want a covered-up suit and thicker fabric cover-up, and it's a flip-flop, not a high heel."

SAMANTHA CRITCHELL (AP)

Beauty



Oh, Baby: It's Pretty

You remember that oh-so-popular saying, "bronze as a baby's bottom"? No? Never heard of it? Well, that might have something to do with the fact that most people don't usually associate being tan with bare naked infants. Yet ... Enter Lancome. New for this season is their **STAR BRONZER IN SUN CHERUB** (\$50, Lancome-usa.com), a "sensual" (seriously, their words) bronzing powder emblazoned with an exposed baby Cupid and his chubby hind quarters. Oddly chosen imagery aside, it's a decent bronzer, and it comes in a giant pan. So, if the baby derriere doesn't freak you out, feel free to enjoy and get your glamorous glow on. ERIN CLEMENTS RUSHING

Fashion



The Perfect Saturday

There's an overwhelming array of activities planned for this Saturday's **ARLINGTON NEIGHBORHOOD DAY** (Arlingtonva.us), from tree planting to a 10K race. For those with a simple urge to splurge (Don't forget: Mother's Day is Sunday!), there's the **BALLSTON ARTS & CRAFTS MARKET** (10 a.m.-4 p.m., Ballstonarts-crafts-market.blogspot.com). While the market will run monthly on the second Saturday through October (N. Fairfax and Stuart Streets), this kick-off event will feature a free concert by Exit Clov at noon. Good tunes and eggs 'n' bacon cuff links by independent vendors like Inedible Jewelry? 'Nuff said! KRIS CORONADO (EXPRESS)

Look out Online



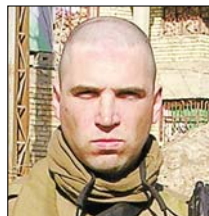
readexpress.com

site specifics

MUSIC

Crossing Over

Baltimore's the Bridge was shocked when 1,200 people showed up at its album release party in 2006 — and the jam-band-by-association has been blowing up ever since. The Bridge plays the Sante Fe Café in College Park on Tuesday, and Rudi Greenberg spoke with mandolinist Kenny Liner. | COMING UP



BOOKS

Damage Report

Eric Navarro's memoir of his time in Iraq, "God Willing: My Wild Ride With the New Iraqi Army," is crude, eye-opening, disturbing, disheartening — and amazing. Tim Follos spoke with Navarro, who reads at the Library of Congress at noon on Tuesday. | COMING UP

ENTERTAINMENT

Dynamic Duo

Shy Child is a rocktronicatwosome that features keytar and drums. The band also played Wembley Stadium last June, opening for Muse. The next big thing? Shy Child plays the 9:30 Club on Tuesday, and Katherine Silkaitis spoke to drummer Nate Smith. | COMING UP



comment board

“The closest any of these three comes to representing a major contributor to D.C. is Douglass.”

COMMENTER MILES TOGOGH, WHO ADDED, “DOUGLASS’ CONTRIBUTIONS TO D.C. TRANSCEND RACE AND REPRESENT [SOME] OF THE FINER MOMENTS IN D.C.’S HISTORY.”

“We should put Marion Barry on the D.C. quarter. The people of D.C. elected him mayor three times — once after he had been convicted of smoking crack!”

COMMENTER WE WANT BARRY!!, WHO ADDED, “LET’S KEEP IT REAL AND SHOWCASE [THOSE] WHO SHOW D.C. THE WAY IT IS NOW!”



“These are the people who have made significant contributions to D.C.? Come on. This is a joke. Just put Marion Barry on the quarter.”

COMMENTER CHRIS, RESPONDING TO MONDAY’S POLL CENTER QUESTION, “WHICH FINALIST DO YOU WANT TO SEE ON THE D.C. QUARTER?”

poll center

YESTERDAY’S RESULTS AS OF 5 P.M.

WHICH FINALIST DO YOU WANT TO SEE ON THE D.C. QUARTER?

42%
Frederick Douglass

38% Duke Ellington

20% Benjamin Banneker

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“People who would never think of picking up a controller will happily strap on a plastic guitar and pretend to be Ace Freely.”

DCVIKING.BLOGSPOT.COM EXTOLTS THE VIRTUES OF THE VIDEO GAME “ROCK STAR,” WHICH ALLOWS PEOPLE TO BECOME VIRTUAL ROCKERS WHILE PLAYING THE MUSIC.



BRIAN BOHANNON/AP

“It was rather disarming to watch all the smiling faces in the winner’s circle celebration while a few yards away, a horse lay dying.”

DEADSPIN.COM WAS NOT IMPRESSED WITH NBC’S COVERAGE OF KENTUCKY DERBY RUNNER-UP EIGHT BELLES, WHO WAS EUTHANIZED ON THE TRACK AFTER BREAKING HER FRONT ANKLES.



“TODAY, MY DEAR CUBE neighbor, you were making an appointment with your doctor to have a colonoscopy. I know, I get it. But it’s 10 a.m.! I just had breakfast.”

JOZAFF.BLOGSPOT.COM IS FED UP WITH HIS OR HER COLLEAGUE’S LOUD PERSONAL PHONE CALLS.

“I ALSO MADE IT A POINT to lick one of three lickable places for each envelope and use tape for the other two. We were low on Scotch tape, so I had to ration what I could.”

BANDTCROWD.BLOGSPOT.COM HANDLED WEDDING INVITATIONS THIS WEEKEND, ADDING, “I’D LIKE TO THINK MY S.O. DIDN’T WANT A REPEAT OF GEORGE COSTANZA’S FIANCE — LICKING HIS CHEAP WEDDING ENVELOPES TO HER UNTIMELY DEMISE.”

“IF A WEEK GOES BY without my seeing a Montgomery County parking enforcement vehicle parked illegally, it’s because I haven’t spent many days up here in Bethesda.”

DC.METBLOGS.COM CAN’T BELIEVE THE REGULARITY WITH WHICH HE SEES OFFICIAL COUNTY VEHICLES BLOCKING FIRE HYDRANTS.

Discussions

Racehorse Death

Post columnist **SALLY JENKINS** was online Monday to discuss the death of filly Eight Belles, who was put down at the Kentucky Derby after her collapse on the track, and the future of horse racing.



I’m a lover of all animals, though not an animal rights activist. Do you think the common use of the term “broke down” in horse racing circles acts as a way of distancing one from the life-and-death issues?

I’m a lover of all animals, though not an animal rights activist. Do you think the common use of the

This is something everyone in North American thoroughbred racing knows and discusses. Ask any trainer at any track, and they will tell you the Triple Crown is not good for horses in about eight different ways.

As a longtime Kentucky resident and horse racing fan, I wonder whether we should lend any credence to PETA’s calls for suspension of the jockey. It seems as though the horse just put everything she had into it, and there really wasn’t any way the jockey could have prevented it.

I’m with you. I think PETA’s statements today [Monday] are rash. I’d like to see a lot more evidence before I blame the jockey.

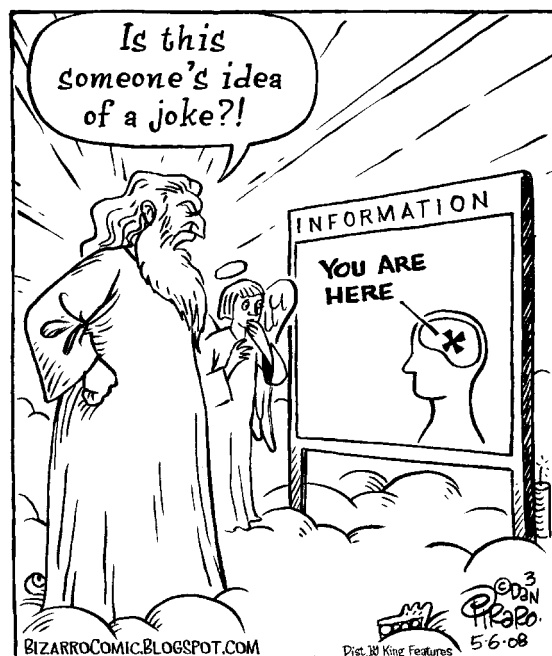
You mentioned what is wrong, but what can be done to correct or improve the status quo?

There is mounting evidence that synthetic tracks keep horses safer. But to date, 120 out of 129 tracks in North America are still dirt. Churchill Downs is a hard, fast, dirt track. Horse people are almost unanimous in that 3-year-olds are very young to be facing the arduousness of a Triple Crown effort; they are adolescents competing in the physical equivalent of a Super Bowl.

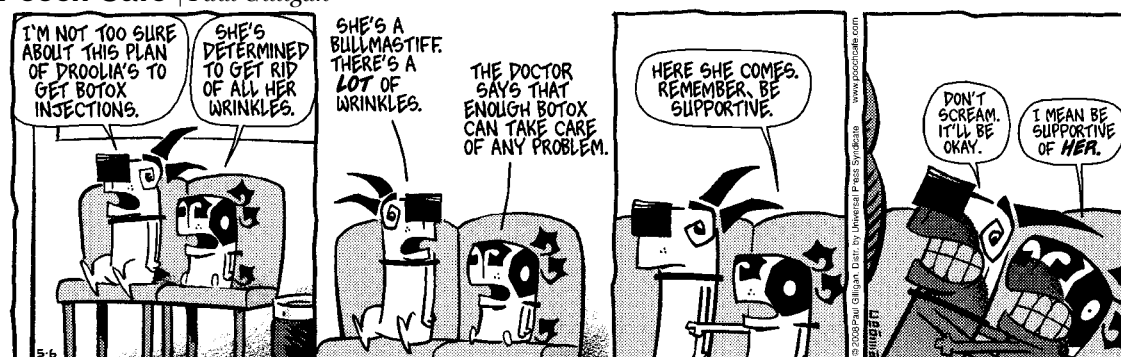
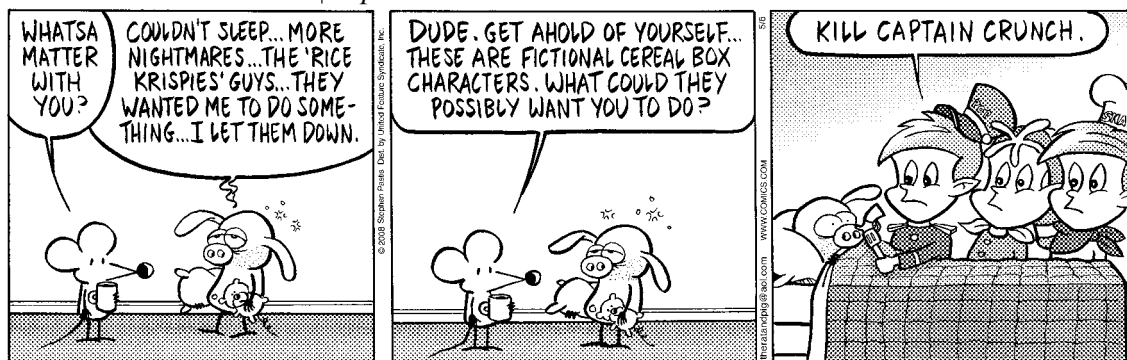
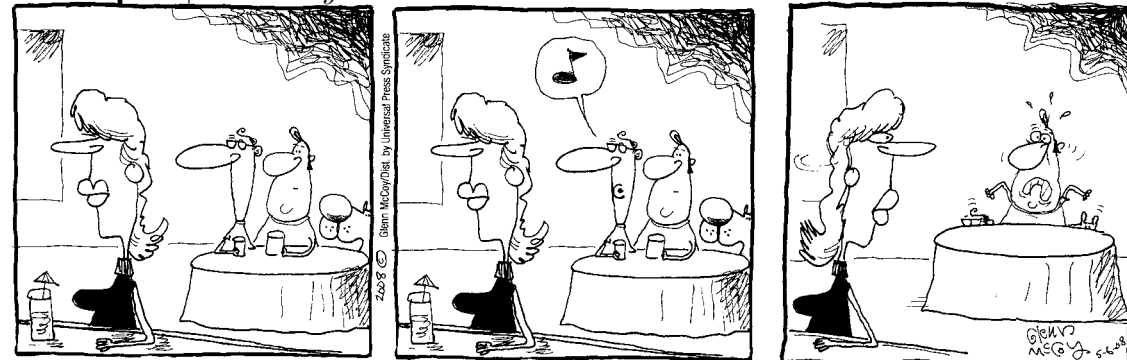
TODAY ON DISCUSSIONS: Post Garden Editor Adrian Higgins offers advice on gardening at 11 a.m. now that spring is here | washingtonpost.com/discussions.

DO

DIAL 811 BEFORE DOING A DIGGING PROJECT. The Federal Communications Commission has set up a hotline to help do-it-yourselfers, gardeners, landscapers and contractors from unintentionally hitting underground utility lines while working. Calling 811 starts the process of getting the lines marked.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


Hidden away, deep in the woods, Bob enters a number in the wrong column. An isolated mistake.

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

TAURUS (April 20-May 20) There is no time to waste during the first part of the day, when you are using energy planning rather than doing.

GEMINI (May 21-June 20) This is a good day to allow others a little more leeway. Don't be so quick to criticize, and avoid becoming too protective of those in your care.

CANCER (June 21-July 22) Though you may expect to have your comeuppance, the fact is that a superior is likely to recognize your strengths and offer advancement.

LEO (July 23-Aug. 22) You can't have it both ways, and you must take care that you don't seem to be hypocritical in your views or actions.

VIRGO (Aug. 23-Sept. 22) Your preparations are nearing completion, but something quite mysterious may be afoot that could very well throw a wrench in the works.

LIBRA (Sept. 23-Oct. 22) Adopt a more

old-fashioned attitude, and you'll win the sudden respect of those who have been around a lot longer than you have.

SCORPIO (Oct. 23-Nov. 21) Continue to voice your opinions openly—but choose your words and your timing with great care. You don't want to go unheard.

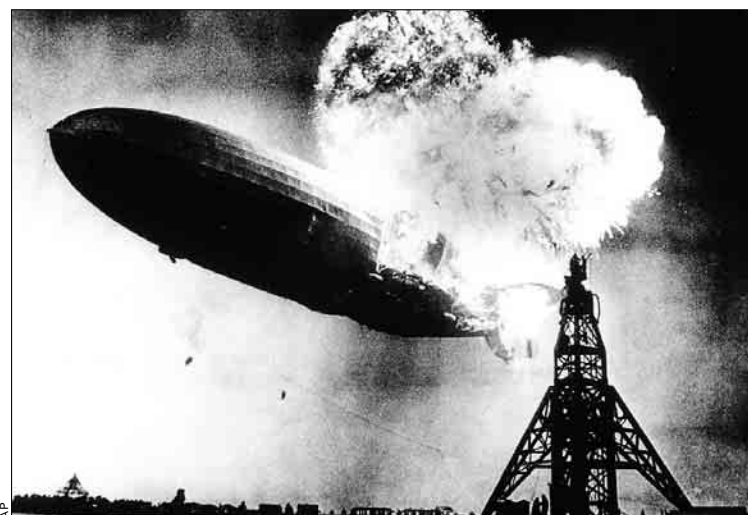
SAGITTARIUS (Nov. 22-Dec. 21) It may be time for you to reverse your course, at least temporarily, in order to indulge what someone else may call a whim.

CAPRICORN (Dec. 22-Jan. 19) It's up to you to give a top-notch performance. Remember not to stray too far from the truth, however; your audience will surely know.

AQUARIUS (Jan. 20-Feb. 18) Your first impressions are likely to be mistaken, but you'll be quick to adjust and to greet what comes as the right thing at the right time.

PISCES (Feb. 19-March 20) It's time to do some fence mending while tending to routine business simultaneously. You can cope with more than that at times.

ARIES (March 21-April 19) Make yourself available to more positive things in your life, and you'll enjoy almost immediate rewards. Almost anything is possible.



The Hindenburg crashed and burned in Lakehurst, N.J., on this day in 1937.

Today in History

1889 The Universal Exposition in Paris formally opens, featuring the just-completed Eiffel Tower.

1937 The German dirigible Hindenburg crashes and burns in Lakehurst, N.J., killing 35 of the 97 people on board and a Navy crewman on the ground.

1954 Medical student Roger Bannister broke the four-minute mile during a track meet in Oxford,

England, in 3 minutes, 59.4 seconds.

1981 Yale architecture student Maya Ying Lin is named winner of a competition to design the Vietnam Veterans Memorial.

1994 Britain's Queen Elizabeth II and French President Francois Mitterrand open the Channel Tunnel between their countries.

2007 Conservative Nicolas Sarkozy wins the French presidency over socialist Segolene Royal.

PostPoints DAILY CODE **CF**



STEPHEN SHUGERMAN/GETTY IMAGES

"Life is like an election ... uh, go, Obama!"

INFLUENCE

A-Lister Sways Opinions of Gump Groupies Everywhere

TOM HANKS is supporting presidential hopeful **BARACK OBAMA**. Hanks has pledged his support on his MySpace.com page. (AP)

MEDAL

Britain's Prince Harry Is Honored for Service

PRINCE HARRY blushed and struggled to contain a smile on Monday as his aunt, Princess Anne, pinned the Operational Service Medal for Afghanistan to his desert fatigues. (AP)



PASCALLE SEGRETAIN/GETTY IMAGES

BALL AND CHAIN

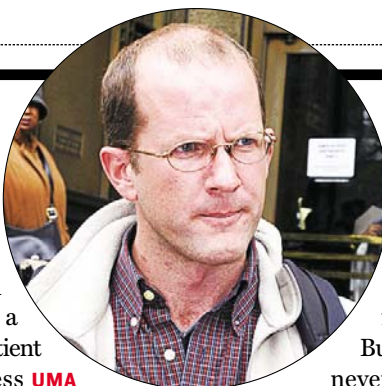
Van Wilder Tamed

SCARLETT JOHANSSON and her boyfriend, **RYAN REYNOLDS**, are engaged. The 23-year-old actress and the 31-year-old actor have not set a wedding date, Johansson's publicist said Monday. Johansson's recent credits include "The Other Boleyn Girl" and "The Nanny Diaries." Reynolds recently starred in "Definitely, Maybe." He was previously engaged to **ALANIS MORISSETTE**. (AP)

CREEPSTER

Thurman's Stalker Has Weirdo-Face Down Pat

A Manhattan prosecutor says a former mental patient "terrified" actress **UMA THURMAN** by stalking and harassing her for more than two years. Jessica Taub said in Monday's closing arguments that **JACK JORDAN**'s trial "is not about a man in love." Defense lawyer George Vomvolakis



He's even more freaky-looking than we expected!

concedes that Jordan's behavior was obsessive. But he says his client never meant to scare, harass, annoy or alarm the actress. Jordan faces up to a year in jail if convicted of aggravated harassment and stalking the star of "Pulp Fiction," "Kill Bill" and other films. (AP)



AHHHHH!

Aiken's Very Utterance of The Word 'Sexy' Is Horrifying

CLAY AIKEN is realistic about his niche in the musical landscape. "I'm not cool, you know what I mean? I'm not gonna lie," the good-humored singer said in a recent interview. "I'm not trying to be Justin Timberlake. Thank God we have him, but I'm not him. ... I'm not gonna bring anybody's sexy back." The "American Idol" alum was the first non-winner to release a successful album, "Measure of a Man." (AP)

ACNE/ACNE SCAR TREATMENT

Uneven Pigmentation / Blemish Removal • TCA Peels / Big Acid Peels
• All treatments are comfortable and have quick recovery.



Call for our Fall Special!

All procedures performed By a Physician
202.452.1332 24th and I St., Foggy Bottom Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
0 Down 0 Interest 100% Financing. Gift Certificates



vita

SURGICAL GROUP

*Special Price for DC only.
www.vitasurgical.com

Up to 30% off on packages

DC • FAIRFAX • TYSON'S CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE

\$499/Eye Any Prescription Lasik!

ENJOY LASIK REGARDLESS OF YOUR RX.

20/20 Guaranteed or Money Back*



- No Incision/Cut and No Flap Lasik
- One Eye or Both Eyes At A Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- Night and Weekend Hour Available
- 0 Down 0 Interest 100% financing
- Return to Work Next Day
- Insurance

I SURGEONS

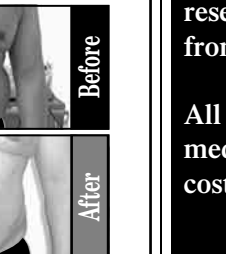
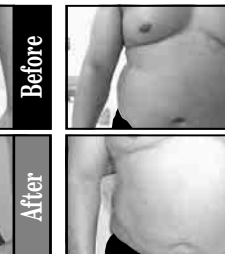
202.464.5216 • 24th and I St., Foggy Bottom Metro
301.738.0339 • BETHESDA
703.533.0025 • TYSON'S CORNER
703.465.0090 • ALEXANDRIA
410.730.2215 • COLUMBIA/BALTIMORE
www.i-surgeons.com

I SURGEONS

LIPOSUCTION

Unwanted Fat Removed Permanently!

0 Down 0 Interest 100% Financing • IMAGINE WHAT WE CAN DO FOR YOU!



vita

SURGICAL GROUP
www.vitasurgical.com

Free Diet Management & B12 Shots • Comfortable & Quick Recovery • Lipotecture for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles • Mega-Liposuction for Abdomen, Lovehandles, Thighs & Buttocks • Local Anesthesia or I.V. Sedation or General

202.452.1332 24th & I St., NW (Foggy Bottom Metro)
703.533.1025 Tyson's Corner
703.465.0666 Alexandria

301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
Gift Certificates

DC • FAIRFAX • TYSONS CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE

Washington's Best Kept Secret

Harper's

A "Mini Loehmann's" in L'Enfant Plaza, S.W.

Kasper, August Silk, Tahari & Calvin Klein at 20%-50% Off.

Conveniently loc. on the Orange, Blue, Yellow & Green Lines.

Open M - F, 9:30 to 6 Tel. (202) 554-5014

THIS AD GOOD FOR 10% OFF ANY NON-SALE MDSE. Exp. 5/9/08

DO YOU SUFFER FROM GRASS ALLERGIES?

If your answer is "yes" you may qualify to participate in a clinical research study for those who suffer from seasonal grass allergies.

All study related care and study medication are provided at no cost to you.

If interested, please contact:
Millennium Clinical Trials at 703-527-8100
(we are metro accessible!!)



readexpress.com

Express Travel Wednesdays.

LOOK out

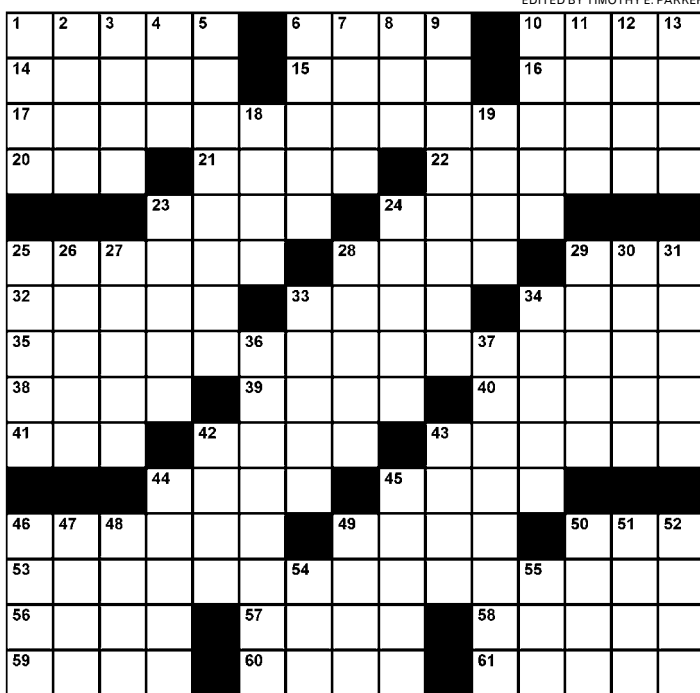
CROSSWORD | MEAL TIME

ACROSS

- 1 Carved family emblem
6 Strip of concrete
10 Belted one out
14 Ancient marketplace
15 One-time Italian currency
16 It's entered in court
17 It may be quite flaky
20 Puffer's place
21 It's right on your map
22 Genuflects
23 St. Louis landmark
24 ___gin fizz
25 Preacher's podium
28 Gunpowder et al.
29 Understood, as a punch line
32 Sarah's son
33 Aqueduct actions
34 Steady stare
35 Soup holder, often
38 Crater, for one
39 "Lamp ___ My Feet"
40 Decorative coat
41 Conniving
42 Useful quality
43 Film star Poitier
44 .001 inch lengths
45 Statistics calculation
46 The "se" in per se
49 Hospital staffer
50 Seek to learn

DOWN

- 53 Date doings
56 "National Velvet" author Bagnold
57 Granola ingredients
58 Off-white
59 Easily duped sorts
60 Steed's pace
61 Props for fops



Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

7	5	6	8	2	4	3	9	1
8	3	2	5	1	9	4	7	6
9	1	4	3	6	7	5	2	8
5	7	9	1	3	2	6	8	4
1	6	8	9	4	5	2	3	7
4	2	3	6	7	8	9	1	5
6	8	1	4	9	3	7	5	2
3	4	7	2	5	1	8	6	9
2	9	5	7	8	6	1	4	3

© PUZZLES BY PAPPOCOM

		9		2				7
	2					5	8	4
			5	1				
	4	5	7					3
			1		3			
8					9	7	6	
			8		5			
5	8	7						3
6				3		9		

express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCIVARO | WEB SITE EDITOR—GREG BARBER
ART DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY MORRIS, MATT SWENSON | ARTS EDITOR—ARION BERGER
FEATURES EDITOR—JENNIFER BARGER | SECTION EDITORS—KATIE ABERBACH, KRIS CORONADO, KARMAH ELMUSA, VICKY HALLETT, IAN
HERBERT, CHRISTOPHER PORTER, DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES, FIONA ZUBLIN | ASSISTANT ART DIRECTOR—ALYCE JONES | EDITORIAL
DESIGN—MARCIA HARDER | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—
MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY
TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6025 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



Purple Line May Open Houses



The Maryland Transit Administration (MTA) will be holding public meetings on the Purple Line Study. The Purple Line is a proposed 16-mile transit line that will run from Bethesda in Montgomery County to New Carrollton in Prince George's County. The goal is to provide faster, more reliable transit service options, and better connections to Metro. Help us design a project that best serves your community!

Give us your feedback on:

- Updated Travel Times, Costs, and Ridership
- Ridership by Station
- Results of the Environmental Impact Statement
- Purple Line Options Serving Your Community

All meetings except May 21 are from 5:00 p.m. - 8:00 p.m.

If you have any further questions about the project or the upcoming Open Houses please contact:

Michael D. Madden, Project Manager
Office of Planning
Maryland Transit Administration
6 Saint Paul Street
Baltimore, MD 21202-1614
(410) 767-3694
mmadden@mtamaryland.com

En Español
Carlos Abinader
Maryland Transit Administration
4351 Garden City Dr., Ste. 305
New Carrollton, MD 20785
(301) 577-2063
cabinader@mtamaryland.com

Thursday, May 8, 2008
College Park City Hall
4500 Knox Road
College Park, MD 20740

Monday, May 12, 2008
West Lanham Hills Recreation Center
7700 Decatur Road
Landover Hills, MD 20784

Wednesday, May 14, 2008
East Silver Spring Elementary School
631 Silver Spring Avenue
Silver Spring, MD 20910

Thursday, May 15, 2008
Bethesda-Chevy Chase High School
Cafeteria
4301 East-West Highway
Bethesda, MD 20814

Wednesday, May 21, 2008*
4:00 p.m. - 6:30 p.m.
Langley Park Community Center
1500 Merrimac Drive
Hyattsville, MD 20783

*This Open House is being held in conjunction with the Takoma/Langley Crossroads Sector Plan Community Meeting

INFLUENZA STUDY

VOLUNTEERS SHOULD MEET THE FOLLOWING CRITERIA:

- Be a healthy adult between the ages of 18 and 70
- Must not have had prior nasal or sinus surgery
- Must not have chronic medical problems affecting the nose or lungs

HEALTHY VOLUNTEERS NEEDED Doctors at the National Institutes of Health are conducting a new research study (08-I-0093) to test the safety of a medication that is being studied for its ability to prevent infections from influenza and other viruses. Volunteers will be asked to participate in the study for a total of 28 days. The study medication cannot cause infection.

AS PART OF THE STUDY, VOLUNTEERS WILL BE ASKED TO:

- Receive 1 to 2 doses of the study medication administered nasally
- Attend up to 5 visits
- Consent to having their blood drawn

Volunteers will be compensated for their participation.

The study takes place on the NIH campus in Bethesda, MD, which is easily accessible by Metro.

Please call 1-800-411-1222 (TTY: 1-866-411-1010) for more information or visit www.NIHFluStudies.com. Se habla español.



GET THE SKILLS EMPLOYERS WANT IN AS LITTLE AS 6 MONTHS!



Medical Office Assistant

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor



Office Administration

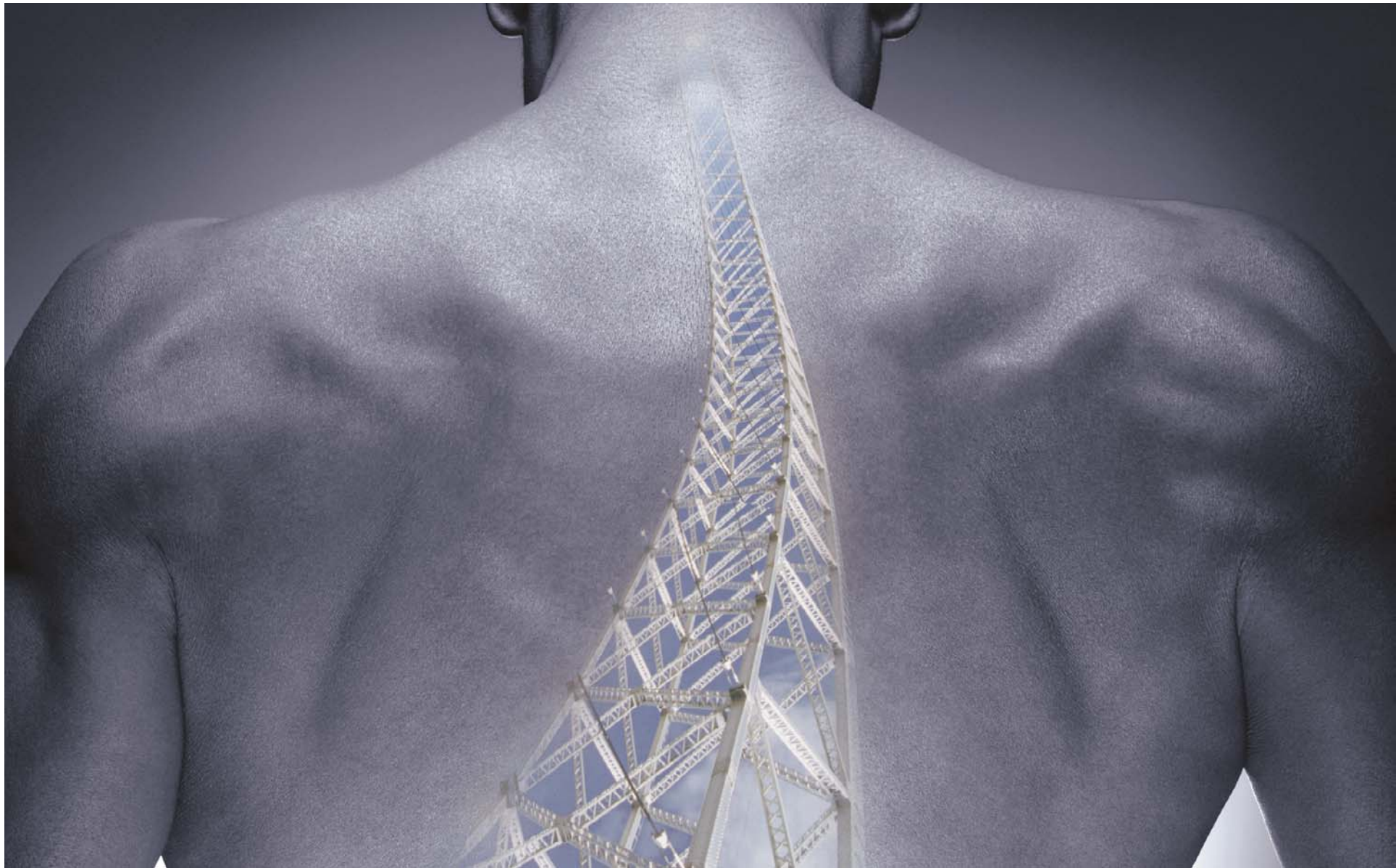
- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable

* Financial Aid Available If Qualified * Placement Assistance Available



Career Technical Institute
Formerly Career Blazers Learning Center

888-639-8766
2131 K St. NW
Btw. 21st&22nd St.



THE BACKBONE OF AMERICA



America's world-class steel industry generates 1.2 million jobs and contributes \$350 billion to our economy.

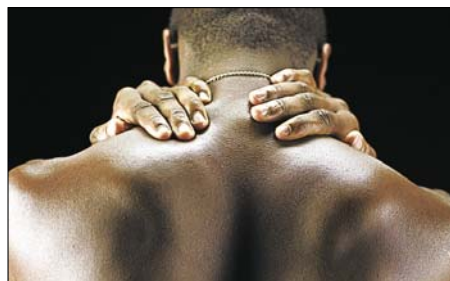
Steel is the backbone of American manufacturing – and makes much of the equipment vital to our nation's military. Innovation and technology have transformed America's steel industry into one of the world's most competitive, sustainable and environmentally progressive. Steel productivity has more than tripled since the early 1980s – and that makes America stronger at home and abroad.



For more information, visit www.steel.org

A message from the American Iron and Steel Institute (AISI)

fit



It's knot a problem
to give your muscles
a nice massage **E7**

Summer nights
with the grill could
be making you age
prematurely

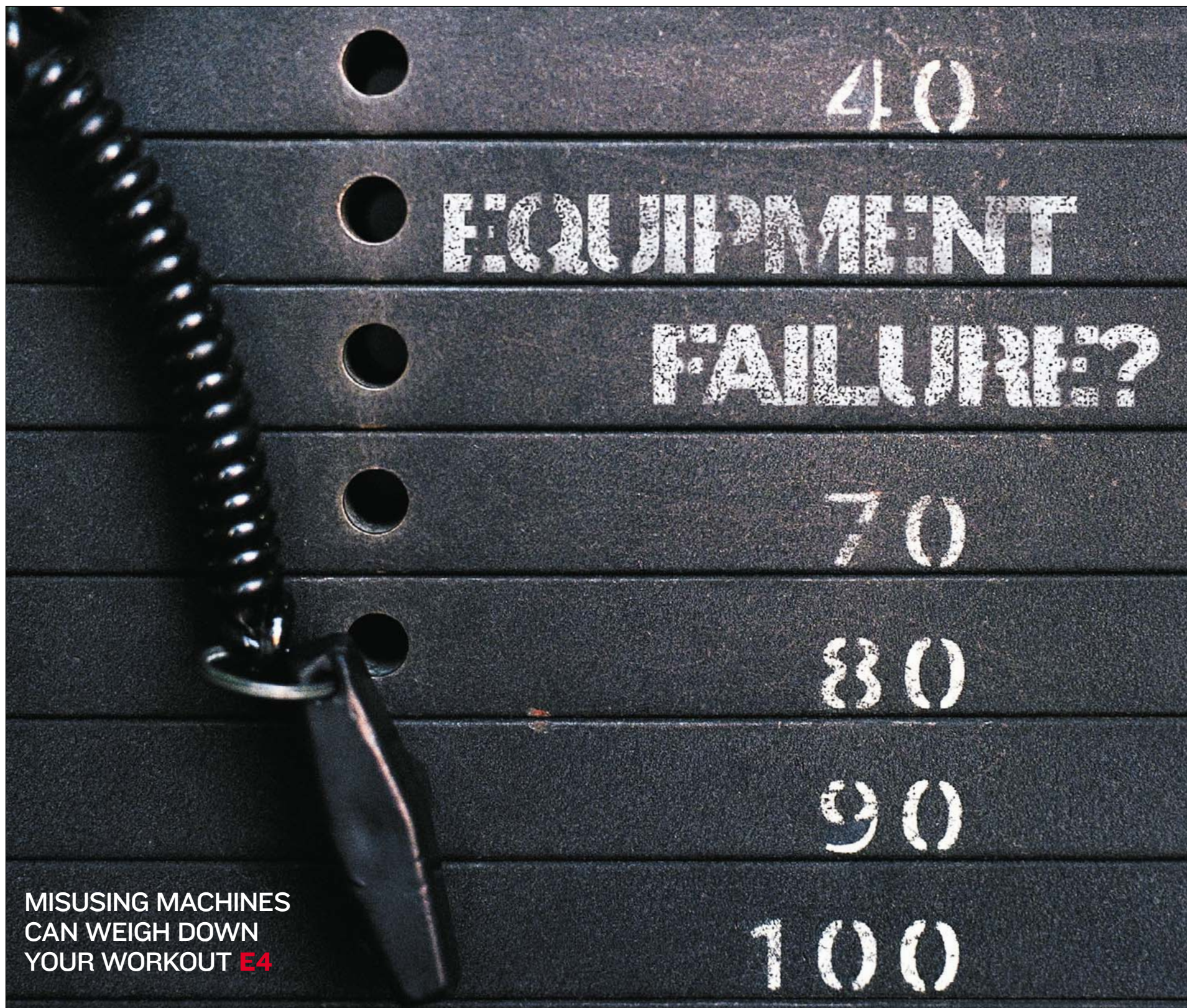
E8



Marinate in the
morning to have
chicken tonight **E9**

express

READEXPRESS.COM | EXERCISE, NUTRITION AND WELLNESS TO MAKE YOU LOOK AND FEEL YOUR BEST | MAY 6, 2008



MISUSING MACHINES
CAN WEIGH DOWN
YOUR WORKOUT **E4**

BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Who Secretly Hates Whom In This Story?

Q My dad is my best friend. Ever since he got married for the second time, his new wife and I have always clashed (she secretly hates me, and I know it). My father mentioned recently that he is coming soon to visit me, and I know she is going to be with him. How do I act all cool around him while trying not to lose it around her? (I feel that I have to fight for his attention now that she's around.) — ME VERSUS HER

Anytime someone claims that “she secretly hates me,” I have to wonder whether he or she got his or her pronouns mixed up. Let's be honest — you are not a fan of your father's wife. That's no sin, but you first have to step back and examine whether you're being a bit defensive. It's understandable that when your



“WE'RE HERE!!!”

ERIC REECE

parent (especially your best friend) marries someone who sits as well with you as last week's kimchi, things can get a little painful. But don't make things worse for yourself by exaggerating her offenses, therefore amplifying your upset. In fact, since your father decided

to marry her, there has to be more to this story than the fact that she's simply a hagbeast.

If you are truly as close to your father as it seems, I can't imagine a better option than trying to talk to him about your discomfort. This is not an excuse to bash who he's

chosen to spend his life with, but it should be an opportunity for you to tell him that you feel like you're having a hard time connecting with her, and that indeed you don't like feeling like you have to fight for his attention. This honesty has the potential to provide much more relief than just biting your lip as you imagine spraying the vinaigrette into her eyes. If your dad can affirm your place in his heart, you can try to start fresh with his wife, even if she still is as appealing as a snakeskin sandwich.

Prove Your Worth at Work

Q I work at a decent job doing bottom-of-the-barrel work. I love it there, but a private matter in March forced me to be tardy the days I was scheduled to work. I told my boss, who was OK with it, as I have been on time ever since. But when the schedules came out, for the eighth time in a row, everyone got hours except me. I was baffled. I had been working my butt off there since last

year, and now I fear that my bosses want to get rid of me. How do I convince them that I won't go back on my past mistakes and will be a good employee for the company?

— NO LONGER TARDY

In two ways — by telling and by doing. Continue, of course, being on time — now's not the time to flirt with your snooze alarm — but you probably should have an additional talk with your boss. You thought he or she was “OK” with what happened before, but it appears that he or she wasn't, and he or she needs to hear your appeal. You can avoid coming off as whiny by focusing not on what the schedules say but more generally on your concern that there are some lingering effects of what happened in March. Emphasize that you are prepared to make up for your past mistakes by working harder than ever and that you hope that your work since then has already begun to reflect that. Then go back to Step 1 and work that butt off again.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

LEISURE FITNESS

THE EQUIPMENT STORE

LIVE HEALTHY
—get-fit-and-relax—

**INSTANT INSTORE
REBATE**
ON SELECT FITNESS EQUIPMENT*

Go to LeisureFitness.com for details.

Tysons Corner, VA	703.506.9200
Sterling, VA	703.421.1582
Rockville, MD	301.468.8822
Bethesda, MD	301.657.5670
Columbia, MD	410.872.8608
Annapolis, MD	410.573.2031
Timonium, MD	443.318.0282



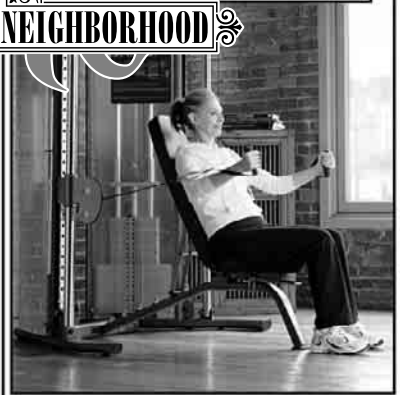
LEISUREFITNESS.COM

This Mother's Day
Give the Gift of a Better Life.
Strength Training and Hydrotherapy contribute to a Lifetime of Health and Happiness.



Be the **ENVY**
of the **NEIGHBORHOOD**

*Instant Instore Rebate offer taken off MSRP on select models only purchased through 5/31/2008. Must present rebate certificate (available at www.leisurefitness.com) at time of purchase to receive offer. Floor models and instock only items may apply. Offer cannot be combined with other specials. Prior sales excluded. Some restrictions may apply. See store for details.



For a different type of workout *try...*

anusara
Yoga

it's not too late to register for spring classes!



willow
street yoga

301.270.8038

willowstreetyoga.com

2 metro accessible locations:

old town takoma park, 6930 carroll ave
downtown silver spring, 8561 fenton st

Drive you.

“Cars” can put you in the right wheels. **Wednesdays.**

express



LOW-CAL PAL

Lisa Lillien isn't a nutritionist — just a junk food lover keeping an eye on her waistline. That's her shtick, anyway, in "Hungry Girl" (\$18, St. Martin's). The cookbook offers tasty, albeit unusual, suggestions, like breaded chicken fingers with Fiber One and swapping canned pumpkin for eggs in brownies.



SOFT SELLS

Teen skin care is usually designed to zap acne by sapping away all moisture. Hence, Clean & Clear is introducing its Soft line (\$8). The facial scrub, in-shower facial, night cream and daily moisturizer are designed to keep the skin's state more balanced. And it smells good!



HOME DOME

Maybe you can't afford a bigger house, but at least you can go camping in a tent big enough for almost all of the Bradys. The Jeep Family Cabin Dome (\$229, Walmart.com), which sleeps seven, boasts three rooms and two closets. You'll still be peeing in the woods, though.



SLURP YOUR C

Is water scarce? The makers of Emergen-C (those vitamin packets you can dump into a cup) have expanded into ready-to-drink Health & Energy Water (\$1.80). It tastes similar to their familiar product, but it's blended perfectly (unlike the grainy concoction we usually make).



GUINEA PIG



Slim Pickings

■ Heartcheckmark.org, site of the American Heart Association's food certification program of the same name, is like seeing a candy store from a distance, running toward it, and finding it filled with nothing but sugar-free sweets for diabetics. It looks like a feast, but it turns out to be a dry old famine — but a very healthy and virtuous one.

The site's main interactive function is to help you make a grocery list of foods the AHA's stamped as low in saturated fat (1 g or less) and cholesterol (fewer than 20 mg). They also must have fewer than 480 mg of sodium and contain 10 percent of the RDA of at least one basic nutrient. Said approval is symbolized on food packaging by a heart with a check mark. You choose a category, such as "snacks," and the correct foods appear. Alas, either very little won't kill you or the AHA needs to crack the whip on its certifying staff, because you get only six snack choices, and four are microwave popcorn.

As you go, you enter quantities and your picks are added to a list; said list can be printed as a PDF or e-mailed to oneself. We can promise one thing: It will probably be short. HOLLY MORRIS (EXPRESS)



Where technology meets tranquility

Dr. Rex H. Hoang, DMD, PC

You Owe It To Yourself To Try Laser Dentistry. No Shot, No Drill, No Pain

Laser & Spa Dentistry, Power Bleaching,
Invisalign & More

Experience Laser Dentistry
And Go From Fearful...to **FEARLESS!**

\$99*

New Patient Special
EXAMINATION, X-RAY
AND CLEANING

Employment opportunities available.
Please e-mail resumes to dcdentalspa.jobs@gmail.com.



DUPONT CIRCLE
1325 18th Street, NW • Suite 203
Washington, DC 20036
Hours: 7 am - 9 pm

FOGGY BOTTOM
Opening
Summer 2008

Call DC Dental Spa for an appointment today!

FREE CONSULTATION
202.833.8724

www.dcdentalspa.com

THE MISFITS

Can't Resist It

Q I bought a 30-minute resistance-cord video. I really like it, but the weird thing is that at the beginning of my routine, I start yawning a great deal. At first, I thought I was just tired, but it happens every time I start exercising. Any explanation for that? — Anonymous

■ Before I help you, Anonymous, I need to address the folks slurping their cereal as they read this: All right, fess up: How many of you yawned just now? Or wanted to?

That's because yawning is one of the most contagious of all human behaviors, according to Robert Provine, a neuroscientist at the University of Maryland Baltimore County who specializes in yawning (and laughing, but we'll save that for a later column). "Anything that's related to yawning will trigger yawning, so if your reader is thinking about yawning, that itself will be a prompt to yawn," he says.

So, there's a chance you were zonked the first time you worked out with the resistance cord, and now you keep repeating that behavior.

There's nothing particularly odd about yawning during or immediately prior to exercise. Often, elite athletes do it before a competition, as does Provine, who guesses there's a link between warming up the muscles and yawning.

But forget the myth that we yawn in order to take in more oxygen. We don't.

"A yawn is a kind of stretch that involves respiration," he explains. It would be more unusual for the yawning to continue through an intense exercise session, because "if you're really huffing and puffing, you won't yawn," he adds.

However, if you start yawning excessively, it may be worth seeing a doctor. Provine notes that yawning can also be associated with hemorrhage, drug withdrawal and brain lesions.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

Please Ask! They'll Tell

The easiest way to avoid common gym mistakes: talk to a trainer

When you're lost, the common sense solution is to ask for directions. It's the same thing when you're working out — trainers are there to help disoriented exercisers get to their destination (in this case, that'd be hotness and healthiness) in one piece. The problem?

"They're too embarrassed to ask for help. Or some people never think to ask," laments John Workman, the lead trainer at downtown's Results Gym (Resultsthegym.com).

Instead, they hop on machines, even ones they've never laid eyes on before, and just get going. The fact that what they're doing might be stressing a joint, overloading a muscle or may just be ineffective doesn't seem to weigh on them at all.

So, in case you still can't muster the courage to get help at your gym, here's a cheat sheet to get the most out of the equipment at your disposal.

LAT PULL-DOWN: If there's one machine misuse that drives Elaine Enjetti, of the Glover Park Washington Sports Club (Mysportsclubs.com), up the wall, it's when people take the bar and pull it behind their heads instead of pulling it down to their chests. "They think they're working their backs and neck muscles, but instead, they're reinforcing the muscles that will push their heads forward," she says. It's bad for their posture and their health.



It looks like it's from space, but the Power Plate can open up a new world of fitness.

CARDIO WAVE: If your gym doesn't have one of these heart-rate raising wonders, it probably will soon. But Workman says most people don't get the elliptical variant at first — even he didn't the first time he tried one. The idea is that you push your legs out to the side like you're inline skating, but it's easy to shift your weight

from side to side instead of actively pushing your body. And that does nothing for you.

"The trick is to keep weight on both feet at all times," Workman says. He also encourages you to think about your position: "Being upright hits your quads and glutes, coming forward slightly gets the

back of the thigh, too, and coming all the way forward uses more and more glutes. Take your hands off and do a torso rotation and that's great for the abs."

POWER PLATE: At first, the vibrating platform looked like a futuristic scale, or maybe a scooter, to Karen White, the fitness manager at the Tysons Corner Equinox

“ Their legs are shaking, and they're holding their breath. **”**

(Equinoxfitness.com). And for the first few weeks they had it, "most of the trainers weren't sure what to do with it, so we stretched on it," she says. But while it's handy for a warm-up — the waves of energy rushing through your body get the muscles ready to stretch further faster — the Power Plate is even better for resistance training. "If I want to work out my whole body, I can do it all on that machine," White adds. "Take tricep dips, for example. Put your hands on it, and it's an intensity you've never felt before." She also digs using it for squats and lunges, because it works the muscles while presenting a balance challenge for the core.

LEG PRESS: Problem No. 1 is that people tend to use too much weight. "You can see if their legs are shaking, and they're holding their breath," Enjetti explains. That second symptom is also a problem. When they push off, they lock their knees — a total no-no. "And then they come back too fast and hurt their hips," she adds. VICKY HALLETT (EXPRESS)

GYM DANDY

Take It in Stride

■ There's usually a right way to do things and a wrong way. But short of getting on the Precor AMT upside down, you can't mess up. That's because the idea behind the new contraption is that it adapts to you. "It's more than an elliptical. It's a perceptive running machine that can think at the speed you're moving," raves Kevin McManus, the manager of XSport Fitness in Merrifield (8190 Strawberry Lane, 703-204-0064, Xsportfitness.com), one of the first local gyms to have the AMT.

He points to a guy comfortably in a light jog on one machine, and then jumps on another to show how he can turn it into a stair climber by keeping his stride short. He instantly segues into a sprint, and just as quickly takes it backward. For first-timers, it's not as easy as McManus makes it look — mainly because it feels so alien to have a machine react to your movements. Because the stride



isn't locked in, it's up to the user to pick one, and until you do, your limbs are all over the place.

That can turn people off initially, which is why McManus recommends folks try it out for at least 15 minutes and give it a second chance if their first time didn't blow them away. He expects everyone from champion triathletes to gym rookies to see the light. (VH)

A woman finds her stride on an AMT, Precor's most adaptable machine.

Peculiar Pickleball Nets Fans

A serious sport with a silly name helps seniors stick with exercising

While football involves feet, and baseball requires bases, pickleball has absolutely nothing to do with pickles. Unless you count the cocker spaniel it was named for.

"The strangest thing about this sport is the name. I tell my daughter I play pickleball, and she dies laughing," says Don Taylor, 63, who picked up the game at The Villages, a Florida retirement community that boasts 150 pickleball courts.

His buddy Jerry Shannon, 77, agrees: "You wouldn't know if it's tidilywinks."

In fact, it happens to be a racket sport developed by a few folks in Washington state in the 1960s (including Congressman Joel Pritchard), who apparently shared a fondness for a dog named Pickles. The game borrows elements from more familiar diversions: It's played on a badminton court with the net lowered to 34 inches (about tennis-net height), the paddles look like slightly oversize versions of the table tennis kind, and the ball has the hole-y style of a whiffle ball. Scoring goes up to 11, like in badminton.

And the AARP crowd is turning it into a nationwide sensation — which is why mature types, like Shannon and Taylor, dominate the Skyline Sport & Health Club in Falls

Church (5115 Leesburg Pike, 703-820-4100, Sportandhealth.com) every Monday, Wednesday and Friday morning, when the basketball courts are transformed into the D.C. area's pickleball haven.

"There's just a wonderful feeling about it," gushes Margie Davenport, who gives her age as "well into the senior category" and is one of the stars of the Sport & Health crew, thanks to the number of medals she's racked up over the past few years.

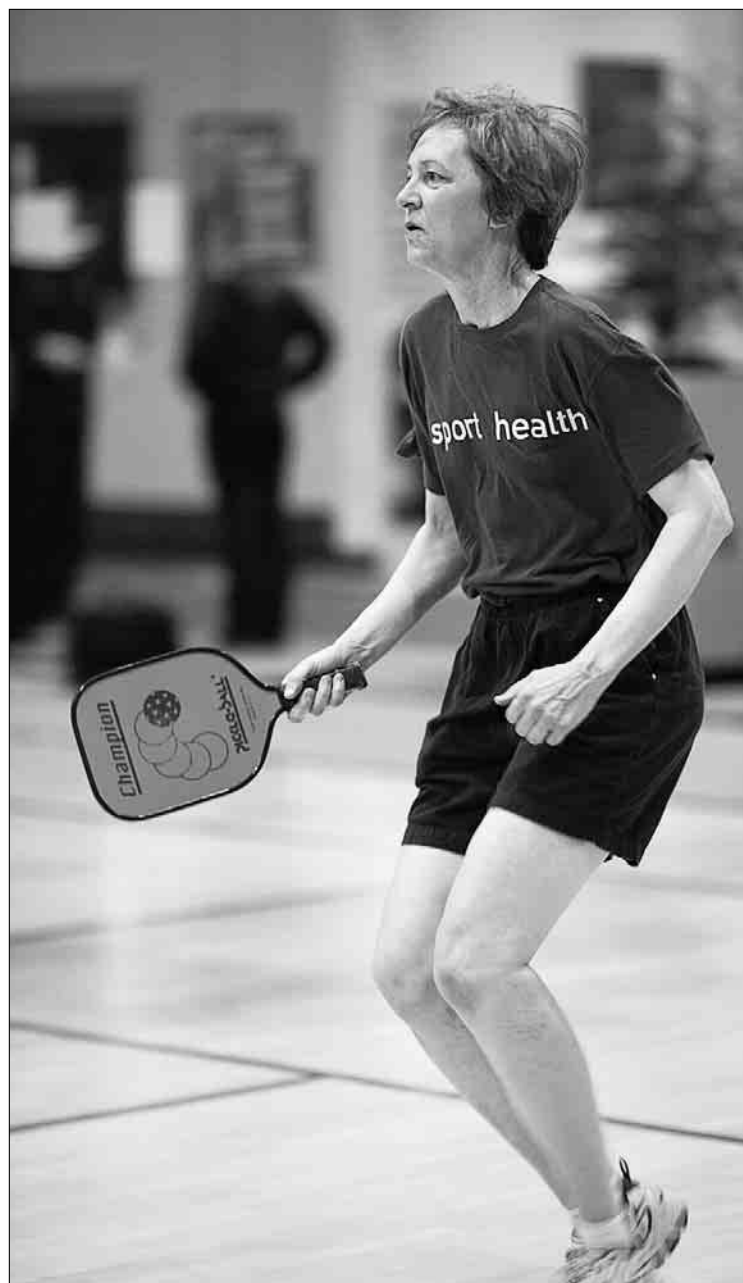
Many of its devotees are former tennis fanatics who find the smaller court size easier to manage and the underhand serve kinder to their shoulders. There's little chance of injury (unless you happen to get in

NOT-SO-ODDBALL

➔ Several Virginia and Maryland community centers also have space dedicated to the sport. For other regularly scheduled pickleball games and times, check out the Web site of the USA Pickleball Association (Usapa.org).

Can't find a home for your matches? Find a badminton court and lower the net to three feet (34 inches in the center).

The rules are also available on the USAPA site. Remember that following a serve, each side must make at least one ground stroke before volleying the ball. And you cannot volley the ball while standing in the non-volley zone (which extends seven feet from the net in both directions).



Carolyn Law, 58, regularly intimidates her opponents on the pickleball court.

the way of the ball). Plus, it can be played indoors or outdoors.

Davenport says her friends find it so addictive they credit it with motivating them to recover after heart attacks, broken hips and other medical issues.

"I had breast cancer, and I couldn't play tennis anymore because of lymphedema [swelling due to damage to the lymphatic system]," says Carolyn Law, 58. "So, I switched arms to play this. It kept me going."

Although another one of the game's selling points is that it's easy, competing against the Sport & Health regulars — some of whom have more than a decade of experience under their belts — presents a challenge.

"The tennis pros come down thinking they'll beat us, and then they slink off of the court when they lose," chuckles Tom Sims, 72.

Just because they look like Grandma and Grandpa doesn't mean they won't wipe the court with you. Davenport's earned the nickname "Hard-Hearted Hannah" for her brutal style of play.

"It's harder than it looks," she says with a smirk.

While indulging their competitive streaks, players get the most critical benefit in the form of cardiovascular exercise. After an hour or two of running around, lobbing the ball and diving for tricky shots, they're definitely satisfying their docs' requests for aerobic activity.

"I sweat through two shirts," Sims admits. "I could never do that on one of those machines. The rest of this exercise stuff is too boring." Just wait until the kids find out about this. VICKY HALLETT (EXPRESS)

➔ BODY TALK

Safeguard Your Shoulders

■ Love tennis but not how it makes your shoulders feel? Prevent those painful serves when you get back into the game this spring by concentrating some of your weight training efforts on your rotator cuff (the supraspinatus, infraspinatus, teres minor and subscapularis muscles). These four small but mighty movers have a huge responsibility, providing stability and strength to your entire shoulder joint. They're particularly vulnerable to wear and tear with age, so the stronger they are, the less cranky your shrug-and-serve should feel.

Do two sets of 10 repetitions of each exercise, allowing 30 to 60 seconds of rest between sets. Your movements should be slow and controlled, with a one-second pause at the top. Do two or three sessions per week.

LYING EXTERNAL ROTATOR: Holding a dumbbell in your right hand, lie on your left side. Bend your right elbow 90 degrees, so your upper arm is at your side and your forearm is across your waist. Rotating your upper arm, lift the weight



up until it is almost over your hip. Keep your elbow close to your body, maintain the 90-degree angle of your elbow, and don't bend your wrist. Slowly lower. Do 10 reps, then switch sides.

BENT ARM LATERAL RAISE: Stand holding a pair of dumbbells at your sides, palms facing in. Bend your elbows 90 degrees and your knees slightly. Raise your elbows in a wide, arcing motion until your arms are nearly parallel to the floor, keeping your elbows just below shoulder level. Pause, then slowly lower. DENISE AUSTIN (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

event horizon

DOGA IN ROSE PARK

Playing fetch has its charms, but sometimes your dog probably just wants to work on his flexibility and breath. So, get your leash and your yoga mat and walk him over to Rose Park (26th and O streets NW) at 3 p.m. on Saturday for Tranquil Space Yoga's fourth annual doga event (Tranquilspace.com). There will be treats for both dogs and canines, thanks to the Doggie Style Bakery. There is a suggested \$5 donation, which will benefit the Washington Humane Society. No pre-registration is required.

\$19 DOWN AND \$19 A MONTH!
NEW. BETTER. BALLY.SM



STILL NOT IN SHAPE FOR SUMMER?

Then come into Bally Total Fitness® and shape up.

Join now for **\$19 Down** and
\$19 a Month!

Get FIT with a friend! Bring this ad into any Metro DC area Bally Total Fitness club and receive a complimentary **two-week guest pass** for you and a friend.

Offer ends 5/29/08.

TO FIND THE CLUB NEAREST YOU



CALL 1.800.34.BALLY (342.2559)

or



CLICK WWW.BALLYFITNESS.COM/FINDGYM

Summer's right around the corner, but it's not too late yet. Start working out NOW! Come in and learn about our **NEW PROGRAMS** and try out our **CLASSES**.



BALLY | TOTAL FITNESSSM

\$19 down, \$19 per month for 36 months. APR 0%. Alternate-day, limited to club joined, non-renewable. Sales tax not included (where applicable). Other plans presented. Restrictions apply. Additional charges for some services, including Personal Training & Specialty classes. Offer valid only in Washington D.C. clubs and ends 5/29/08.

Must be at least 18, sign guest register & take club tour and presentation prior to using club. Limit 1 pass redemption per person in any 6-month period. 2-week pass must be redeemed by a Bally representative by 5/29/08. Membership is valid for 14-consecutive days from date of redemption. Limited to club where redeemed. Cannot be sold, reproduced or redeemed for cash. Some restrictions & club rules apply. ARV \$29. Services, hours, prices & facilities may vary. Additional charges for some services including Personal Training & Specialty classes. Online nutrition program not available with guest pass. Offer valid in DC, VA and MD clubs only. ©2008 Bally Total Fitness Corp.



John Clinger, 14, credits his success on his school's football team to workouts at Bogifit, a teen-centric gym in California.

The Workout Years

With PE time on the decline, teens flock to gyms meant for them

Carly Wade is slightly out of breath as she moves through the weight room of Bogifit Youth Conditioning Center, an Anaheim Hills, Calif., gym geared toward teenagers. The 15-year-old feels comfortable here, surrounded by people her age and by young trainers and instructors.

"Being around older people is kind of intimidating, because they've been working out at a gym longer. Here, I'm working out with kids who are the same level, or higher or lower."

She adds, "Don't get me wrong: Normal gyms are good. ... But as a kid, you want to be fit. And you don't really know how to be fit without trainers."

Conscious of their bodies and

aware that pared-down PE classes don't always provide enough activity, some teenagers are looking for places to work out. Gyms are taking notice.

Many commercial gyms offer memberships to teens, and children ages 6 to 17 are the second-fastest growing demographic of health club members, according to the International Health, Racquet and Sportsclub Association. But the teens themselves aren't sure that's where they want to be.

Enter teen-centric gyms. Beginning to sprout on the nation's fitness landscape, they cater specifically to a younger crowd, offering more constant supervision, more video and game-related equipment and less of an age mix than traditional gyms.

Underground Fitness, for example — a youth gym in Scarsdale, N.Y. — provides separate workout areas for kids ages 12 and under, and for 13- to 18-year-olds. The

5,000-square-foot facility offers personal training, exergaming, and classes in spinning and boxing. Overtime Fitness in Mountain View, Calif., focuses on teens (only recently accepting adults) with weight training and cardio equipment, classes and exergaming.

Membership at such gyms is far from cheap. Some charge \$100 per month, more than the \$20 to \$40 some big chains charge.

O2 MAX Fitness is right in line with the trend. Tucked away in the Santa Monica Studios complex, the funky loft space offers stationary bikes, treadmills, free weights, a cable machine — and no parents in sight (unless they're picking up or dropping off). The gym, open about two months, specializes in one-on-one and small-group training, for kids ages 12 to about 20.

Mercedes Worman joined the gym after a stint at a Bally Total Fitness. The 15-year-old appreciates the informal, clubby feel of the

youth-oriented studio, although Bally had its upside. "They had a lot of equipment there, and it was nice and open," she says. "But there were a lot of old people, and I like to be around people my age. It's a more comfortable environment [at O2 MAX], and I know most of the people there."

That desire to be around peers is only natural. "I think adolescents just want to stay with people their own age at this point in their lives," says Anthony Luke, director of the University of California, San Francisco's Primary Care Sports Medicine. "But they are interested in learning about fitness. ... Being supervised in some way and not being with adults makes sense."

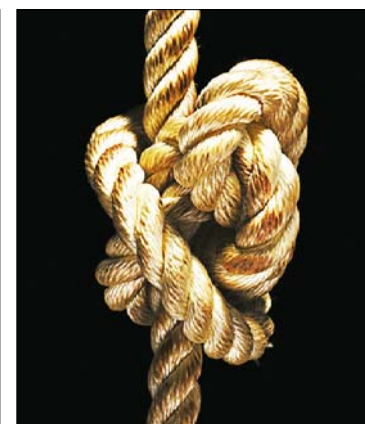
Adolescents who received

“Being around older people is kind of intimidating.”

encouragement from their parents to work out — and who had a friend to exercise with — exercised significantly more than their counterparts who didn't have such two-pronged support, according to research published in the May issue of the Journal of Physical Activity & Health.

But working out isn't the same as hanging out. At O2 MAX, cell phones aren't allowed in the fitness area, and the upstairs lounge is off-limits until members have exercised. Those rules are set and enforced by Karen Jashinsky, the gym's founder and chief executive.

When members sign up, they're given a fitness assessment, asked to keep a brief food diary and provided with a customized workout program and general food guidelines. Kids can work out on their own, but an adult trainer is always around to supervise or answer questions. Some members are there to supplement their school athletics; some are there to lose weight and get in shape. Jashinsky says she wants to ensure that, when kids graduate from high school, they know how to exercise on their own. "Even with a lot of kids who play sports, once they stop, they don't know how to be active because no one ever taught them." JEANNINE STEIN (LOS ANGELES TIMES)



Knot a Problem With These Tips

■ Pro athletes often have professionals to keep their muscles pliable and injury-free. Unfortunately, we can't afford that. Instead, try these strategies from Rich Poley, author of "Self Massage for Athletes." (Do the first before working out and the others between strength moves or after cardio.)

Gliding

BEST FOR: Any muscle you can reach
DO IT: Keep your four fingers together but your thumb a few inches away so your thumb and index finger form a V. Glide your hand up and down the muscle, applying just enough pressure to indent your skin.

Squeeze and Roll

BEST FOR: Neck, shoulders, biceps, triceps and calves
DO IT: Place your palm on the muscle. Squeeze it, but not the bone, for one second, then slowly pull the muscle up and away from the bone as you move your hand in a small clockwise circle.

Press and Roll

BEST FOR: Chest, lower back, glutes, hamstrings and quads
DO IT: Using your knuckles, a fingertip, or your elbow, press the muscle into the bone to compress it. Then move your hand in small clockwise circles for a few seconds. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

VITALSTATS

8

THE PERCENTAGE OF MARATHONERS POLLED BY RUNNER'S WORLD WHO WOULD GIVE UP A DAY OF THEIR LIVES TO FINISH A RACE IN LESS THAN 3 HOURS.

OVENLOVIN'



Damage Control

■ It would be depressingly dull to cook using only water-based methods, and God knows most of us crave a juicy grilled steak from time to time. But even when you do use high, dry heat, you can slash AGEs easily, Vlassara says. Try these AGE-reducing tricks when grilling, broiling, or microwaving:

CUT THE FAT: Since AGEs form when fat heats up, the less fat in a food, the fewer AGEs you'll get when you cook it. Vegetables are an obvious choice, of course. And when choosing proteins, go for fish or skinless chicken; or get adventurous and hunt down game meats like bison or venison, which are leaner than beef, says Dave Joachim, author of "Mastering the Grill." When only beef will do, select lean cuts such as top loin sirloin, top round, eye of round, tip and flank.

TAKE A SOAK: Marinate meat and fish in a mixture made from lemons, limes, pineapple and other citrus fruit. Not only does the liquid limit the production of AGEs, but the acid in citrus fruit also kills them. Forget commercial marinades (too much high-fructose corn syrup!). Instead, whip together 1 teaspoon of lemon zest, 2 tablespoons of cilantro and two cloves of garlic in 4 tablespoons of olive oil; pour over chicken or beef. Let it marinate for at least an hour, Adams says.

GO UNDERCOVER: Create tents with foil before grilling or broiling. And cover microwave dishes with plastic wrap. Both seal in the moisture that stops toxic AGEs in their tracks.

FAKE IT: Braise chicken or beef, then grill or pan-fry it for two minutes, Adams says. You'll get the look and taste you want without the AGEs. ALISA BOWMAN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

The Grill Can't Help It

Dry, high heat makes tasty food — and proteins that speed aging

Just when you think you know what's making you old, the brainiacs in white coats come up with a new cause for sudden memory lapses and wrinkles. This time, though, the culprit is something you can control.

Researchers have found that some of the most common cooking methods (grilling, frying and microwaving) and the way we process some of our favorite foods (lunch meats, hot dogs, potato chips) react with sugars and fats in those edibles to create destructive compounds called advanced glycation end products (AGEs). These molecular pests can shift our aging process into fifth gear.

"If you have high amounts of AGEs in your body — no matter how young you are — you're on your way to developing chronic diseases you normally wouldn't see until you are much older," says Helen Vlassara, a

professor of medicine and geriatrics at Mount Sinai School of Medicine in New York City who specializes in AGE research.

But here's the upside: Cut your AGE consumption by half and you'll give Father Time the finger. "When you cut back your AGE consumption, you'll save your eyesight, your memory, your skin and your blood vessels," Vlassara says.

Too Hot to Handle

AGEs might not have made the headlines until recently, but they've been around since Neanderthals hosted their first boar roast. AGEs form when dry, high heat causes sugar and fat to break down into protein molecules that shrivel up and turn brown or black. Any time you see sear marks on steak or a crispy coating on fried chicken, you're looking at AGEs, says Guy A. Crosby, associate professor of chemistry and food science at Framingham State College and adjunct associate professor at the Harvard School of Public Health.

Once they've gone down your gullet, AGEs live up to their nickname by attacking the cells that

keep you young and healthy. First, in a desperate move to save themselves, these defective proteins bind to immune cells, causing them to become inflamed — and inflammation is a primary cause of age-related conditions such as Alzheimer's, diabetes and heart disease. Making matters worse, AGEs also cause the formation of equally unstable free radicals, the destructive molecules that travel through your body damaging cells. This can lead to other serious health problems, such as cancer, and trigger signs of aging such as crow's-feet.

Over the past 50 years, we've upped our AGE intake dramatically, as we've moved away from eating farm-fresh food and toward consuming more processed products loaded with fats and added sugars and then cooked at high heat.

AGE-less cooking

Now, before you go raw, know that you can still cook your food and cut back dramatically on AGEs. That's because AGEs have an arch-nemesis: water. Using cooking methods that involve lots of H₂O slows the AGE-creation process because the

liquid offsets the heat. So, the more you cook with water, the more you stop AGEs. Three easy ways to do it: steaming, braising and blanching.

Michael Adams, chef/owner of the Farmhouse, a restaurant in Emmaus, Pa., offers these tips for whipping up appetizing meals and minimizing AGEs:

SPA TREATMENT: Planning to make veggies, chicken, fish or pork for dinner? Adams recommends treating them to a tasty herbal steam

Once they're down your gullet, AGEs attack the cells that keep you young.

bath. First, add 1 tablespoon of four to five herbs and spices to 1 quart of water. Cover and boil for seven to 10 minutes. Reduce heat to a low simmer and add chicken, pork, or fish. Cook the meat for about five minutes per pound. For veggies, place them in a steamer basket over the boiling herbal mixture for three minutes.

SIMPLY SMASHING: Braising is an easy technique that's perfect for beef and pork: Pour a can of beef or chicken stock into a roasting pan, then add four smashed cloves of garlic, one bay leaf, a tablespoon of fennel seeds, a tablespoon of fresh thyme, and half a tablespoon of peppercorns. Place a 3- to 5-pound piece of beef or pork into the broth, leaving a quarter of the meat exposed. Cover and bake at 275 F to 300 F for 2 1/2 to three hours.

DOUBLE DIP: First add a tablespoon of five different herbs and spices to a quart of water and bring it to a boil. Drop the vegetables into the boiling water (one to two minutes for greens, two to three minutes for most other chopped veggies, and until tender for root veggies), then immediately remove and place in ice water for the same time they were in hot water, adding more ice as it melts. Take out of ice water and serve. ALISA BOWMAN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Those black marks look extra-tasty, but prepare to pay for them with wrinkles.



GETTY IMAGES

Spreading the Love

The best butter knockoffs will curb cravings for the real deal

Butter substitutes will save you calories, no doubt about it. But will a smear of a butter wannabe cut it on a freshly flipped flapjack? The surprising answer is yes. These satisfying impostors use ingredients such as olive oil and yogurt to create a creamy illusion.

Smart Balance Omega Plus Buttery Spread

Made with cholesterol-lowering plant sterols, this is the closest thing to the real McCoy. Use it as you would regular butter. (\$3)

WE LOVE IT FOR slathering on an English muffin

IN 1 TABLESPOON: 80 calories, 9 g fat (2.5 g saturated)

Olivio

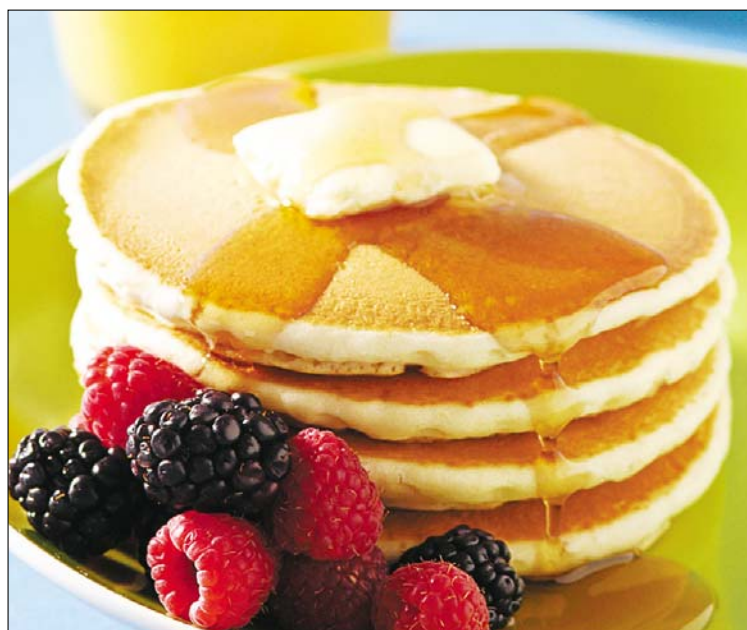
It's made with heart-healthy olive oil, but there's not a smidgen of Mediterranean taste in this whipped concoction. It's easier to spread than butter and tastes slightly sweet and salty. (\$1.90)

WE LOVE IT FOR sautéing veggies

IN 1 TABLESPOON: 80 calories, 8 g fat (1.5 g saturated)

Move Over Butter

Butter is a fat bomb, but the but-



Save your calories for the pancakes by swapping butter with a substitute.

termilk in this sub has little to no fat — go figure. It still has a light, buttery flavor, though. This spread contains more water than others, so don't use it for baking. (\$1.20)

WE LOVE IT FOR melting on steamed vegetables

IN 1 TABLESPOON: 50 calories, 6 g fat (1 g saturated)

Brummel & Brown Spread Made With Natural Yogurt

An unlikely pair (yogurt and vegetable oil) combine to create a soft, slightly tangy schmear with half the fat and calories of butter. It doesn't have enough fat to bind cakes or

bread, though. (\$3.30)

WE LOVE IT FOR boosting the flavor of a boring bagel

IN 1 TABLESPOON: 45 calories, 5 g fat (1 g saturated)

Sunsweet Lighter Bake

Made from a blend of dried plums and apples, this gooey mixture acts just the way a fat would, keeping cookies, cakes and muffins moist. (No one will notice the fruity hint if you don't mention it.) (\$3.50)

WE LOVE IT FOR baking brownies

IN 1 TABLESPOON: 35 calories, 0 g fat (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

EATING IN

MOROCCAN-STYLE CHICKEN BREASTS

When it's grilling season, it's much easier to avoid the takeout dinner trap.

Spending a few minutes in the morning creating a quick marinade for a healthy protein such as chicken or fish can ensure you have a tasty entree ready for quick cooking on the grill when you get home.

INGREDIENTS

- 1/3 CUP plain nonfat yogurt
- 1/3 CUP chopped fresh cilantro
- 1 TBSP extra-virgin olive oil
- 1 TBSP minced garlic
- 1 TSP sweet paprika
- 1 TSP cumin



- 1/4 TSP salt
- 1/4 TSP freshly ground black pepper
- 1 LB boneless, skinless chicken breasts

PREP TIME: 20 MINUTES, PLUS MARINATE 6 TO 10 HOURS; SERVES: 4

IN A SMALL BOWL, mix together the yogurt, cilantro, oil, garlic, paprika, cumin, salt and pepper. Place the chicken in a shallow dish and spread with half of the yogurt mixture; turn the chicken over and spread with the remaining yogurt mixture. Cover and refrigerate for six to 10 hours. Preheat a gas grill to high or prepare a charcoal fire. Grill the chicken until it is cooked through and no longer pink at the center, about five minutes per side. (AP)

179 calories, 49 calories from fat; 5 g fat (1 g saturated); 66 mg cholesterol; 3 g carbohydrate; 27 g protein; <1 g fiber; 232 mg sodium

design
driven

Styles.
Every Friday

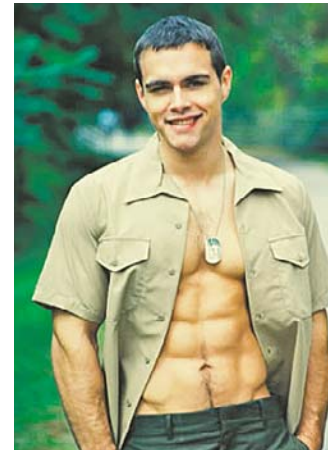
express

A Publication of the The Washington Post

www.readexpress.com

XX363 1x4

DERRICK
INGLUT
PERSONAL
TRAINING



Customized Fitness Advice
is **Always FREE** at
DerrickInglut.com

GET THE WEIGHT OFF NOW! IN OUR RUN/WALK AND LIFT PROGRAM

- For Men and Women • Get Firm and Tight Core
- "Morning, Afternoon, Evening Sessions" • Special classes for 40+

Avoid those large crowded personal training Boot Camp Classes



GET TOTAL ATTENTION
in our small classes and get a
"Super Personal Training Workout"

- "Get real results in as little as 4 weeks"
- "Lose Inches, pounds, and body fat"

Sign Up Online Now! www.gijanefit.net

GI JANE BOOTCAMP Open Mon-Sat
5 am - 8 pm

Call for our Convenient
Capitol Hill location

202-547-7906



The Transcendental Meditation® Technique



The TM technique is the most effective,
most researched program to eliminate stress,
lower blood pressure, extend longevity—
and unfold creativity

American Journal of Hypertension, January, 2005
American Journal of Cardiology, May, 2005

FREE INTRODUCTORY PRESENTATION
Every Saturday, at 1 PM
Bethesda Peace Place
5420 Edson Lane, North Bethesda, MD

Call 301-770-5690 for more information

*2005 Maharishi Vedic Education Development

1581662

See Now...Pay Later on LASIK!

NEW!
NO Payments!
Interest!
For 1 YEAR!

Other LASIK providers may require minimum monthly payments. But at LasikPlus®, you'll pay **NO** interest and have **NO** monthly payments for a whole year - if paid in full within 12 months!

Tired of Glasses? Sick of Contacts?

Transform your vision at LasikPlus® with the affordability of interest-free financing. This offer is good on any of our multiple LASIK technologies, including Custom Wavefront and All-Laser LASIK.

Our LASIK Vision Exam is FREE. Find out if you are a candidate!

Some clinics offer a complimentary consultation, but make you pay as much as \$100 (or more) to meet with a doctor for an eye exam. At LasikPlus®, both the doctor exam and consultation are totally **FREE** and without obligation.

5 REASONS TO Trust the PlusSM

- 1 LASIK IS ALL WE DO**
Over 950,000 procedures nationwide since 1991.
- 2 FREE LASIKPLUS® VISION EXAM**
Get a complete LASIK vision exam at no charge or obligation. It's easy to find out if you're a candidate.
- 3 A TRUSTED LASIK PROVIDER FOR 7 OF THE 8 LEADING HEALTH AND VISION CARE PLANS**
Members could save even more!
- 4 MULTIPLE LASER TECHNOLOGIES**
Including Custom Wavefront and All-Laser LASIK.
- 5 EXPERIENCED LASIK SPECIALISTS**
With more than 57,000 procedures, Drs. Neil Wills and Jay Lustbader rank among Washington DC's most experienced LASIK Specialists.



ACT BY June 30, 2008

Call now for your **FREE**
LASIKPlus® Vision Exam!

1-866-926-EYES

(3937)
Our Appointment Desk is open 7 days a week!

LasikPlus®
VISION CENTER 

Trust the PlusSM
GetLasikPlus.com

**ALEXANDRIA • ANNAPOLIS • COLUMBIA
ROCKVILLE • TOWSON • TYSONS CORNER**

© 2008 LCA-Vision Inc. Offer is subject to credit approval. *Full purchase price must be paid within 12 months of purchase. No minimum monthly payment required, and no finance charges will be assessed if the financed amount is paid in full within 12 months of purchase. If it is not, finance charges will be assessed on the purchase price from the date of purchase at a variable APR of 22.23% (as of December 1, 2007, subject to market changes). Other financing options are available. Call for details. #1 provider based on procedure volume provided by MarketScope LLC and 10-Q reports filed with the U.S. Securities and Exchange Commission for 2007.

STETHOSCOPE

ECONOMICS

Money = Painkiller

■ Having to pinch pennies is a pain in the butt — and everywhere else, too. A study published in the *Lancet* found that folks with household incomes less than \$30,000 reported moderate to severe pain 20 percent of the time, while people in households banking more than \$100,000 reported such discomfort less than 8 percent of the time. Education matters, too. People who never earned a high school degree experienced twice the pain levels of those who'd graduated from college.



VACCINATIONS

Coming Swoon

■ Teenage girls have a reputation for fainting in the presence of dreamy teenage boys. But there's something else that'll make them pass out: getting shots. The CDC reported that at least 463 people fainted after getting vaccinated during an 18-month period from 2005 to 2007. Swooning isn't inherently dangerous, but the CDC is recommending keeping an eye on patients, particularly of the teenage girl variety, for 15 minutes after a shot to make sure they don't bonk their heads.

ALCOHOL

Beer Trumps Fear

■ Ever wonder why alcohol acts like "liquid courage"? According to a report in the *Journal of Neuroscience*, booze reduces activity in the parts of the brain that are devoted to fear. Scientists injected either saline solution or alcohol into social drinkers and then had them look at faces, some with menacing appearances. While this should induce a fearful response, functional MRI scans found that people with alcohol in their bodies weren't as scared.

An Old Drug Finds New Appeal

Use of the ancient hallucinogen salvia divinorum is rising among teenagers

It's been almost 50 years since a generation of young people were urged to "turn on, tune in and drop out" with the aid of psychedelic drugs. But at least one hallucinogenic drug remains legal and widely available — and it's become popular with today's teenagers.

The drug, an herb called salvia divinorum, is not new. Historically, it was used by the Mazatec Indians in Oaxaca, Mexico, for religious or healing rituals. But now high school and college students are using salvia for a brief psychedelic high, a trend well documented on YouTube and teen Web sites in the past few months.

The Drug Enforcement Administration and California state legislators are grappling with the question of what to do. The potentially dangerous herb is offered for sale online, and at tobacco and smoke shops, head shops and botanical stores, but little is known about the effect of the drug on health and safety, the extent of its use or whether it has begun to filter into the culture of younger teens.

Some researchers worry that attempts to make salvia illegal or designate it as a controlled substance might thwart studies of the drug's healing properties.

"We have people getting intoxicated on it, and there have been injuries," says John Mendelson, a senior scientist on addiction pharmacology



RICARDO DE ARATANHA/LOS ANGELES TIMES

Research suggests salvia may be able to treat opioid dependence or depression.

at California Pacific Medical Center Research Institute in San Francisco. "But scheduling the drug as a narcotic is playing a big, big hand. If you're caught with it, you go to jail. Are we really interested, at this juncture, in making the drug illegal through this mechanism?"

Salvia divinorum is an inauspicious-looking member of the mint family and is one of many species of salvia, also known as sage, some of which are common garden plants in hot, dry climates. (Salvia divinorum itself is not a popular garden plant

because it is not considered decorative.) Salvia divinorum contains a chemical, salvinorin A, that causes hallucinations. The dried leaves or concentrated extract, which is often sold as incense, are smoked or chewed and produce a high lasting from less than a minute to about a half-hour. Users report distorted senses, an out-of-body feeling and losing control over their body movements.

Some Web sites promoting salvia warn users to take the drug in the presence of a sober person who

can help if a user loses body control or behaves erratically. Numerous users have placed clips on YouTube of themselves or others laughing hysterically or staggering around while high on salvia. Known by the street names magic mint or Sally-D, it's sold in various concentrations for

“Kids can leave high school on their lunch hour and get [salvia].”

about \$25 per gram and isn't hard to find. One Southern California tobacco shop sports a poster saying "Salvia divinorum sold here" near its front door, next to a sign saying "support local cops."

No studies exist to show that the drug causes any lasting neurological damage, is addictive or is harmful in any way other than the loss of body control that might lead to accidents. Some first-time salvia users report that the effects are unnerving and never take it again. Other salvia connoisseurs, writing on Web sites, say the experience offers a pathway to self-enlightenment and can provide a fulfilling mystical or meditative experience.

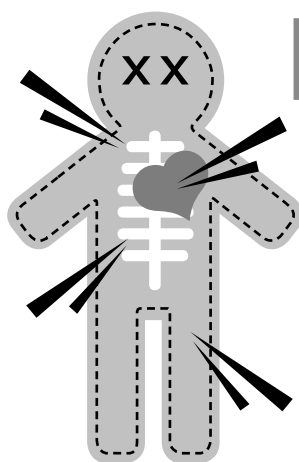
Drug abuse expert Howard C. Samuels isn't buying that. As executive director of the Wonderland Center, a substance abuse treatment center in Los Angeles, Samuels says he is seeing more young addicts using salvia in addition to marijuana, cocaine and Ecstasy.

"That this drug is legal is shocking," he says. "I find it especially disgusting that kids can leave high school on their lunch hour and go to a head shop and get it."

At least four states (Delaware, Missouri, North Dakota and Illinois) have outlawed salvia. Meanwhile, the DEA lists salvia as a drug of concern and is "in the process" of looking into the drug to determine whether it should be declared a controlled substance, says Rogene Waite of the DEA's public affairs office.

Most people involved in the debate agree that more information is needed about the drug.

SHARI ROAN (LOS ANGELES TIMES)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are you female? Are you between the ages of 13 and 35? Do you have itching and inflammation under your arms, on your bosom and in your nether regions? Is the hair there falling out? You could have **FOX FORDYCE DISEASE**, in which sweat trapped in the apocrine sweat glands — the ones found only in the aforementioned areas — wreaks all manner of dermatological havoc. Skin will darken and stiffen; individual hair follicles will swell up. The cause of this rare condition is unknown. Retinoids, steroids, antibiotics and hormone therapy have all been found to relieve symptoms, but there is no cure. Sometimes, however, FFD will mysteriously disappear with pregnancy or menopause. SOURCE: RARE DISEASES.ORG.

A photograph of a woman's legs from the knee down, wearing a white, fringed dress. She is standing on a sandy beach with the ocean and a clear blue sky in the background. Her right hand is visible, holding a small ring.

RESTORE THE HEALTH AND BEAUTY OF YOUR LEGS

SUMMERTIME SPECIAL 1/2 OFF
COSMETIC VEIN CORRECTION



THE VEIN CLINIC OF WASHINGTON

5454 Wisconsin Avenue, Suite 1040
Chevy Chase, Maryland 20815

301.270.VEIN (8346)

The only regional clinic offering both laser and radiofrequency treatments of spider and varicose vein disorders.

Treatments are covered by most insurances and patients typically walk away from the procedure and are back to everyday activities within a day. The procedures are performed by Samir Neimat, M.D., board certified CardioVascular Surgeon who has been Washingtonian's "Top Doctors" for fourteen consecutive years.

Place your trust in the hands of a CardioVascular Surgeon with over 30 years experience. Call us today to schedule your complementary physician evaluation, 301-270-VEIN (8346).

Visit us online at www.veinclinicofwashington.com